

# AIKIDO

A MEDICAL DICTIONARY, BIBLIOGRAPHY,  
AND ANNOTATED RESEARCH GUIDE TO  
INTERNET REFERENCES



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AND PHILIP M. PARKER, PH.D., EDITORS

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## FORWARD

In March 2001, the National Institutes of Health issued the following warning: "The number of Web sites offering health-related resources grows every day. Many sites provide valuable information, while others may have information that is unreliable or misleading."<sup>1</sup> Furthermore, because of the rapid increase in Internet-based information, many hours can be wasted searching, selecting, and printing. Since only the smallest fraction of information dealing with Aikido is indexed in search engines, such as [www.google.com](http://www.google.com) or others, a non-systematic approach to Internet research can be not only time consuming, but also incomplete. This book was created for medical professionals, students, and members of the general public who want to know as much as possible about Aikido, using the most advanced research tools available and spending the least amount of time doing so.

In addition to offering a structured and comprehensive bibliography, the pages that follow will tell you where and how to find reliable information covering virtually all topics related to Aikido, from the essentials to the most advanced areas of research. Public, academic, government, and peer-reviewed research studies are emphasized. Various abstracts are reproduced to give you some of the latest official information available to date on Aikido. Abundant guidance is given on how to obtain free-of-charge primary research results via the Internet. **While this book focuses on the field of medicine, when some sources provide access to non-medical information relating to Aikido, these are noted in the text.**

E-book and electronic versions of this book are fully interactive with each of the Internet sites mentioned (clicking on a hyperlink automatically opens your browser to the site indicated). If you are using the hard copy version of this book, you can access a cited Web site by typing the provided Web address directly into your Internet browser. You may find it useful to refer to synonyms or related terms when accessing these Internet databases. **NOTE:** At the time of publication, the Web addresses were functional. However, some links may fail due to URL address changes, which is a common occurrence on the Internet.

For readers unfamiliar with the Internet, detailed instructions are offered on how to access electronic resources. For readers unfamiliar with medical terminology, a comprehensive glossary is provided. For readers without access to Internet resources, a directory of medical libraries, that have or can locate references cited here, is given. We hope these resources will prove useful to the widest possible audience seeking information on Aikido.

*The Editors*

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<sup>1</sup> From the NIH, National Cancer Institute (NCI): <http://www.cancer.gov/cancerinfo/ten-things-to-know>.



## CHAPTER 1. STUDIES ON AIKIDO

### Overview

In this chapter, we will show you how to locate peer-reviewed references and studies on Aikido.

### Federally Funded Research on Aikido

The U.S. Government supports a variety of research studies relating to Aikido. These studies are tracked by the Office of Extramural Research at the National Institutes of Health.<sup>2</sup> CRISP (Computerized Retrieval of Information on Scientific Projects) is a searchable database of federally funded biomedical research projects conducted at universities, hospitals, and other institutions.

Search the CRISP Web site at [http://crisp.cit.nih.gov/crisp/crisp\\_query.generate\\_screen](http://crisp.cit.nih.gov/crisp/crisp_query.generate_screen). You will have the option to perform targeted searches by various criteria, including geography, date, and topics related to Aikido.

For most of the studies, the agencies reporting into CRISP provide summaries or abstracts. As opposed to clinical trial research using patients, many federally funded studies use animals or simulated models to explore Aikido.

### The National Library of Medicine: PubMed

One of the quickest and most comprehensive ways to find academic studies in both English and other languages is to use PubMed, maintained by the National Library of Medicine.<sup>3</sup>

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<sup>2</sup> Healthcare projects are funded by the National Institutes of Health (NIH), Substance Abuse and Mental Health Services (SAMHSA), Health Resources and Services Administration (HRSA), Food and Drug Administration (FDA), Centers for Disease Control and Prevention (CDCP), Agency for Healthcare Research and Quality (AHRQ), and Office of Assistant Secretary of Health (OASH).

<sup>3</sup> PubMed was developed by the National Center for Biotechnology Information (NCBI) at the National Library of Medicine (NLM) at the National Institutes of Health (NIH). The PubMed database was developed in conjunction with publishers of biomedical literature as a search tool for accessing literature citations and linking to full-text

The advantage of PubMed over previously mentioned sources is that it covers a greater number of domestic and foreign references. It is also free to use. If the publisher has a Web site that offers full text of its journals, PubMed will provide links to that site, as well as to sites offering other related data. User registration, a subscription fee, or some other type of fee may be required to access the full text of articles in some journals.

To generate your own bibliography of studies dealing with Aikido, simply go to the PubMed Web site at <http://www.ncbi.nlm.nih.gov/pubmed>. Type "Aikido" (or synonyms) into the search box, and click "Go." The following is the type of output you can expect from PubMed for Aikido (hyperlinks lead to article summaries):

- **An anatomical analysis of Aikido's third teaching: an investigation of Sankyo.**

Author(s): Olson GD, Seitz FC, Guldbrandsen F.

Source: Percept Mot Skills. 1994 June; 78(3 Pt 2): 1347-52.

[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=7936964&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=7936964&dopt=Abstract)

- **An inquiry into application of Gokyo (Aikido's Fifth Teaching) on human anatomy.**

Author(s): Olson GD, Seitz FC, Guldbrandsen F.

Source: Percept Mot Skills. 1996 June; 82(3 Pt 2): 1299-303.

[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=8823894&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=8823894&dopt=Abstract)

## CHAPTER 2. ALTERNATIVE MEDICINE AND AIKIDO

### Overview

In this chapter, we will begin by introducing you to official information sources on complementary and alternative medicine (CAM) relating to Aikido. At the conclusion of this chapter, we will provide additional sources.

### National Center for Complementary and Alternative Medicine

The National Center for Complementary and Alternative Medicine (NCCAM) of the National Institutes of Health (<http://nccam.nih.gov/>) has created a link to the National Library of Medicine's databases to facilitate research for articles that specifically relate to Aikido and complementary medicine. To search the database, go to the following Web site: <http://www.nlm.nih.gov/nccam/camonpubmed.html>. Select "CAM on PubMed." Enter "Aikido" (or synonyms) into the search box. Click "Go." The following references provide information on particular aspects of complementary and alternative medicine that are related to Aikido:

- **"Aikido foot"--a traction injury to the common peroneal nerve.**  
Author(s): Naylor AR, Walsh ME.  
Source: British Journal of Sports Medicine. 1987 December; 21(4): 182.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=3435822&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=3435822&dopt=Abstract)
- **A martial arts exploration of elbow anatomy: Ikkyo (Aikido's first teaching).**  
Author(s): Seitz FC, Olson GD, Stenzel TE.  
Source: Percept Mot Skills. 1991 December; 73(3 Pt 2): 1227-34.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=1805177&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=1805177&dopt=Abstract)
- **A non-contact complete knee dislocation with popliteal artery disruption, a rare martial arts injury.**  
Author(s): Viswanath YK, Rogers IM.

Source: Postgraduate Medical Journal. 1999 September; 75(887): 552-3.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=10616692&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10616692&dopt=Abstract)

- **A randomized trial of exercise programs among older individuals living in two long-term care facilities: the FallsFREE program.**  
Author(s): Nowalk MP, Prendergast JM, Bayles CM, D'Amico FJ, Colvin GC.  
Source: Journal of the American Geriatrics Society. 2001 July; 49(7): 859-65.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=11527475&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11527475&dopt=Abstract)
- **A research-based use of Tai Chi/movement therapy as a nursing intervention.**  
Author(s): Chen KM, Snyder M.  
Source: Journal of Holistic Nursing : Official Journal of the American Holistic Nurses' Association. 1999 September; 17(3): 267-79. Review.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=10690069&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10690069&dopt=Abstract)
- **A review of mind/body therapies in the treatment of musculoskeletal disorders with implications for the elderly.**  
Author(s): Luskin FM, Newell KA, Griffith M, Holmes M, Telles S, DiNucci E, Marvasti FF, Hill M, Pelletier KR, Haskell WL.  
Source: Alternative Therapies in Health and Medicine. 2000 March; 6(2): 46-56. Review.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=10710803&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10710803&dopt=Abstract)
- **A review of mind-body therapies in the treatment of cardiovascular disease. Part 1: Implications for the elderly.**  
Author(s): Luskin FM, Newell KA, Griffith M, Holmes M, Telles S, Marvasti FF, Pelletier KR, Haskell WL.  
Source: Alternative Therapies in Health and Medicine. 1998 May; 4(3): 46-61. Review.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=9581321&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9581321&dopt=Abstract)
- **A single case report of healing through specific martial art therapy: comparison of MRI to clinical resolution in severe cervical stenosis: a case report.**  
Author(s): Massey PB, Kisling GM.  
Source: Journal of Alternative and Complementary Medicine (New York, N.Y.). 1999 February; 5(1): 75-9.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=10100033&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10100033&dopt=Abstract)
- **A study design to investigate the effect of intense Tai Chi in reducing falls among older adults transitioning to frailty.**  
Author(s): Wolf SL, Sattin RW, O'Grady M, Freret N, Ricci L, Greenspan AI, Xu T, Kutner M.  
Source: Controlled Clinical Trials. 2001 December; 22(6): 689-704.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=11738125&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11738125&dopt=Abstract)

- **A therapeutic programme for people with dementia.**  
 Author(s): Gibb H, Morris CT, Gleisberg J.  
 Source: International Journal of Nursing Practice. 1997 September; 3(3): 191-9.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=9391353&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9391353&dopt=Abstract)
- **Aikido: a model for brief strategic therapy.**  
 Author(s): Saposnek DT.  
 Source: Family Process. 1980 September; 19(3): 227-38.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=7409100&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=7409100&dopt=Abstract)
- **An anatomical analysis of Aikido's second teaching: an investigation of Nikyo.**  
 Author(s): Olson GD, Seitz FC.  
 Source: Percept Mot Skills. 1993 August; 77(1): 123-31.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=8367229&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=8367229&dopt=Abstract)
- **An evaluation of the effects of Tai Chi exercise on physical function among older persons: a randomized controlled trial.**  
 Author(s): Li F, Harmer P, McAuley E, Duncan TE, Duncan SC, Chaumeton N, Fisher KJ.  
 Source: Annals of Behavioral Medicine : a Publication of the Society of Behavioral Medicine. 2001 Spring; 23(2): 139-46.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=11394556&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11394556&dopt=Abstract)
- **An examination of Aikido's Fourth Teaching: an anatomical study of the tissues of the forearm.**  
 Author(s): Olson GD, Seitz FC.  
 Source: Percept Mot Skills. 1990 December; 71(3 Pt 2): 1059-66.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=2087358&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=2087358&dopt=Abstract)
- **An holistic approach to substance abuse treatment.**  
 Author(s): Breslin KT, Reed MR, Malone SB.  
 Source: J Psychoactive Drugs. 2003 April-June; 35(2): 247-51. Review.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=12924747&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12924747&dopt=Abstract)
- **Are the 'hard' martial arts, such as the Korean martial art, TaeKwon-Do, of benefit to senior citizens?**  
 Author(s): Brudnak MA, Dundero D, Van Hecke FM.  
 Source: Medical Hypotheses. 2002 October; 59(4): 485-91.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=12208194&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12208194&dopt=Abstract)
- **Balance and harmony: the essence of t'ai chi.**  
 Author(s): Levitt R, Shuff P.

Source: Nurs Spectr (Wash D C). 1997 September 8; 7(18): 14. No Abstract Available.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=9439317&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9439317&dopt=Abstract)

- **Balance and strength training in older adults: intervention gains and Tai Chi maintenance.**  
Author(s): Wolfson L, Whipple R, Derby C, Judge J, King M, Amerman P, Schmidt J, Smyers D.  
Source: Journal of the American Geriatrics Society. 1996 May; 44(5): 498-506.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=8617896&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=8617896&dopt=Abstract)
- **Balance control, flexibility, and cardiorespiratory fitness among older Tai Chi practitioners.**  
Author(s): Hong Y, Li JX, Robinson PD.  
Source: British Journal of Sports Medicine. 2000 February; 34(1): 29-34.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=10690447&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10690447&dopt=Abstract)
- **Blood pressure and heart rate reactivity to mental strain in adolescent judo athletes.**  
Author(s): Szabo A, Peronnet F, Frenkl R, Farkas A, Petrekanits M, Meszaros J, Hetenyi A, Szabo T.  
Source: Physiology & Behavior. 1994 August; 56(2): 219-24.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=7938230&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=7938230&dopt=Abstract)
- **Body-mind-spirit responses.**  
Author(s): Levine R.  
Source: Asha. 1997 Fall; 39(4): 6.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=9343871&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9343871&dopt=Abstract)
- **Body-mind-spirit responses.**  
Author(s): Scott CH.  
Source: Asha. 1997 Fall; 39(4): 6.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=9343870&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9343870&dopt=Abstract)
- **Brief Aikido training versus karate and golf training and university students' scores on self-esteem, anxiety, and expression of anger.**  
Author(s): Foster YA.  
Source: Percept Mot Skills. 1997 April; 84(2): 609-10.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=9106855&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=9106855&dopt=Abstract)
- **Cardiopulmonary exercise: a recently discovered secret of tai chi.**  
Author(s): Ng RK.

Source: Hawaii Med J. 1992 August; 51(8): 216-7.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=1399544&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=1399544&dopt=Abstract)

- **Cardiorespiratory function, flexibility, and body composition among geriatric Tai Chi Chuan practitioners.**  
 Author(s): Lan C, Lai JS, Wong MK, Yu ML.  
 Source: Archives of Physical Medicine and Rehabilitation. 1996 June; 77(6): 612-6.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=8831482&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=8831482&dopt=Abstract)
- **Central Sydney Tai Chi Trial: methodology.**  
 Author(s): Voukelatos A, Metcalfe A.  
 Source: New South Wales Public Health Bulletin. 2002 January-February; 13(1-2): 19.  
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- **Changes in haemodynamic parameters following Tai Chi Chuan and aerobic exercise in patients recovering from acute myocardial infarction.**  
 Author(s): Channer KS, Barrow D, Barrow R, Osborne M, Ives G.  
 Source: Postgraduate Medical Journal. 1996 June; 72(848): 349-51.  
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- **Clinical use of tai chi in elderly populations.**  
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- **Contrasting plasma free amino acid patterns in elite athletes: association with fatigue and infection.**  
 Author(s): Kingsbury KJ, Kay L, Hjelm M.  
 Source: British Journal of Sports Medicine. 1998 March; 32(1): 25-32; Discussion 32-3.  
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- **Creating family: a holistic milieu at a geriatric adult day center.**  
 Author(s): Sanfilippo JG, Forker JE.  
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[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=12597670&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=12597670&dopt=Abstract)
- **Delineating the impact of Tai Chi training on physical function among the elderly.**  
 Author(s): Li F, Fisher KJ, Harmer P, McAuley E.  
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- **Does brief Aikido training reduce aggression of youth?**  
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[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=10185646&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=10185646&dopt=Abstract)
- **Eastern movement therapies.**  
Author(s): Farrell SJ, Ross AD, Sehgal KV.  
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- **Effects of Tai Chi exercise on balance, functional mobility, and fear of falling among older women.**  
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- **Effects of T'ai Chi on balance.**  
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- **Efficacy of Tai Chi, brisk walking, meditation, and reading in reducing mental and emotional stress.**  
Author(s): Jin P.

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- **Electrical sensation during Tai-Chi practice as the first manifestation of multiple sclerosis.**  
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- **Evaluation of the effectiveness of Tai Chi for improving balance and preventing falls in the older population--a review.**  
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- **Ki Aikido: a solution to stress.**  
 Author(s): Wiles L.  
 Source: British Dental Journal. 1990 March 10; 168(5): 216.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=2317398&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=2317398&dopt=Abstract)
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- **The anatomy of Nikyo (Aikido's second teaching).**  
 Author(s): Eckert JW, Lee TK.  
 Source: Percept Mot Skills. 1993 December; 77(3 Pt 1): 707-15.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=8284142&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=8284142&dopt=Abstract)
- **What's causing the pain?: a re-examination of the Aikido Nikyo technique.**  
 Author(s): Olson GD, Seitz FC.  
 Source: Percept Mot Skills. 1994 December; 79(3 Pt 2): 1585-6.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=7870549&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=7870549&dopt=Abstract)

## Additional Web Resources

A number of additional Web sites offer encyclopedic information covering CAM and related topics. The following is a representative sample:

- Alternative Medicine Foundation, Inc.: <http://www.herbmed.org/>
- AOL: <http://search.aol.com/cat.adp?id=169&layer=&from=subcats>
- Chinese Medicine: <http://www.newcenturynutrition.com/>
- drkoop.com®: <http://www.drkoop.com/InteractiveMedicine/IndexC.html>
- Family Village: [http://www.familyvillage.wisc.edu/med\\_altn.htm](http://www.familyvillage.wisc.edu/med_altn.htm)
- Google: <http://directory.google.com/Top/Health/Alternative/>
- Healthnotes: <http://www.healthnotes.com/>
- MedWebPlus:  
[http://medwebplus.com/subject/Alternative\\_and\\_Complementary\\_Medicine](http://medwebplus.com/subject/Alternative_and_Complementary_Medicine)
- Open Directory Project: <http://dmoz.org/Health/Alternative/>
- HealthGate: <http://www.tnp.com/>
- WebMD®Health: [http://my.webmd.com/drugs\\_and\\_herbs](http://my.webmd.com/drugs_and_herbs)
- WholeHealthMD.com: <http://www.wholehealthmd.com/reflib/0,1529,00.html>
- Yahoo.com: [http://dir.yahoo.com/Health/Alternative\\_Medicine/](http://dir.yahoo.com/Health/Alternative_Medicine/)

The following is a specific Web list relating to Aikido; please note that any particular subject below may indicate either a therapeutic use, or a contraindication (potential danger), and does not reflect an official recommendation:

- **Alternative Therapy**

### **Aikido**

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.  
Hyperlink: <http://www.canoe.ca/AltmedDictionary/a.html>

### **Ki Energetics**

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.  
Hyperlink: <http://www.canoe.ca/AltmedDictionary/k.html>

### **Lomi Work**

Alternative names: Lomi approach  
Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.  
Hyperlink: <http://www.canoe.ca/AltmedDictionary/l.html>

### **Somatic Therapy**

Alternative names: somatic disciplines somatic methods somatics somatic techniques somatic therapies

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/s.html>

### **Warriorobics**

Source: The Canoe version of A Dictionary of Alternative-Medicine Methods, by Priorities for Health editor Jack Raso, M.S., R.D.

Hyperlink: <http://www.canoe.ca/AltmedDictionary/w.html>

## **General References**

A good place to find general background information on CAM is the National Library of Medicine. It has prepared within the MEDLINEplus system an information topic page dedicated to complementary and alternative medicine. To access this page, go to the MEDLINEplus site at <http://www.nlm.nih.gov/medlineplus/alternativemedicine.html>. This Web site provides a general overview of various topics and can lead to a number of general sources.



## CHAPTER 3. DISSERTATIONS ON AIKIDO

### Overview

In this chapter, we will give you a bibliography on recent dissertations relating to Aikido. We will also provide you with information on how to use the Internet to stay current on dissertations. **IMPORTANT NOTE:** When following the search strategy described below, you may discover non-medical dissertations that use the generic term "Aikido" (or a synonym) in their titles. To accurately reflect the results that you might find while conducting research on Aikido, we have not necessarily excluded non-medical dissertations in this bibliography.

### Dissertations on Aikido

*ProQuest Digital Dissertations*, the largest archive of academic dissertations available, is located at the following Web address: <http://wwwlib.umi.com/dissertations>. From this archive, we have compiled the following list covering dissertations devoted to Aikido. You will see that the information provided includes the dissertation's title, its author, and the institution with which the author is associated. The following covers recent dissertations found when using this search procedure:

- **Aikido Sensibilities: the Sociosomatics of Connection and Its Role in the Constitution of Community at North Bay Aikido in Santa Cruz, California** by Rothman, Renee; Phd from University of California, Santa Cruz, 2000, 298 pages  
<http://wwwlib.umi.com/dissertations/fullcit/3003213>
- **Aikido: a Comparative Inquiry into Cultural Context and the Practice, Meaning, and Perceived Outcomes of Training** by Dykhuizen, C. Jeffrey, Phd from Kent State University, 1996, 469 pages  
<http://wwwlib.umi.com/dissertations/fullcit/9716981>
- **An Experimental Study of the Effect of Aikido Training on the Self-concept of Adolescents with Behavioral Problems.** by Madenlian, Razmig Badrig, Phd from University of Southern California, 1979  
<http://wwwlib.umi.com/dissertations/fullcit/f1584966>

- **Eastern Philosophy and the Rise of the Aikido Movement** by Ueno, Yuji, Phd from University of Toronto (canada), 1995, 401 pages  
<http://wwwlib.umi.com/dissertations/fullcit/NN07397>
- **The Adolescent Experience of Aikido: a Phenomenological Approach** by Ingalls, Jonathan Earl; Psyd from Alliant International University, Fresno, 2002, 191 pages  
<http://wwwlib.umi.com/dissertations/fullcit/3062725>

## Keeping Current

Ask the medical librarian at your library if it has full and unlimited access to the *ProQuest Digital Dissertations* database. From the library, you should be able to do more complete searches via <http://wwwlib.umi.com/dissertations>.

## CHAPTER 4. BOOKS ON AIKIDO

### Overview

This chapter provides bibliographic book references relating to Aikido. In addition to online booksellers such as [www.amazon.com](http://www.amazon.com) and [www.bn.com](http://www.bn.com), excellent sources for book titles on Aikido include the Combined Health Information Database and the National Library of Medicine. Your local medical library also may have these titles available for loan.

### Book Summaries: Online Booksellers

Commercial Internet-based booksellers, such as Amazon.com and Barnes&Noble.com, offer summaries which have been supplied by each title's publisher. Some summaries also include customer reviews. Your local bookseller may have access to in-house and commercial databases that index all published books (e.g. Books in Print®). **IMPORTANT NOTE:** Online booksellers typically produce search results for medical and non-medical books. When searching for "Aikido" at online booksellers' Web sites, you may discover non-medical books that use the generic term "Aikido" (or a synonym) in their titles. The following is indicative of the results you might find when searching for "Aikido" (sorted alphabetically by title; follow the hyperlink to view more details at Amazon.com):

- **A Beginner's Guide to Aikido** by Larry Reynosa, et al (1989); ISBN: 0962526908;  
<http://www.amazon.com/exec/obidos/ASIN/0962526908/icongroupinterna>
- **Abundant Peace: The Biography of Morihei Ueshiba, Founder of Aikido** by John Stevens; ISBN: 0877733503;  
<http://www.amazon.com/exec/obidos/ASIN/0877733503/icongroupinterna>
- **Ah. to Be a Kid: Three Dozen Aikido Games for Children of All Ages** by Michael Friedl (1994); ISBN: 0963853015;  
<http://www.amazon.com/exec/obidos/ASIN/0963853015/icongroupinterna>
- **Aikido** by Masafumi Sakanashi (2003); ISBN: 9501755088;  
<http://www.amazon.com/exec/obidos/ASIN/9501755088/icongroupinterna>
- **Aikido** by M. Saito (1994); ISBN: 0685637417;  
<http://www.amazon.com/exec/obidos/ASIN/0685637417/icongroupinterna>

- **Aikido** by Kisshomaru Ueshiba, et al (1986); ISBN: 0870406299;  
<http://www.amazon.com/exec/obidos/ASIN/0870406299/icongroupinterna>
- **Aikido** by John Stevens; ISBN: 0877732299;  
<http://www.amazon.com/exec/obidos/ASIN/0877732299/icongroupinterna>
- **Aikido** by K. Tohei; ISBN: 0285633570;  
<http://www.amazon.com/exec/obidos/ASIN/0285633570/icongroupinterna>
- **Aikido (Illustrated History of Martial Arts)** by Jerry Craven; ISBN: 0865933642;  
<http://www.amazon.com/exec/obidos/ASIN/0865933642/icongroupinterna>
- **Aikido and Bokata** by Bruce Tegner, Alice McGrath (Designer); ISBN: 0874070392;  
<http://www.amazon.com/exec/obidos/ASIN/0874070392/icongroupinterna>
- **Aikido and Chinese Martial Arts: -Its Fundamental Relations-** by Tetsutaka Sugawara (1996); ISBN: 0870409344;  
<http://www.amazon.com/exec/obidos/ASIN/0870409344/icongroupinterna>
- **Aikido and Jiu Jitsu Holds and Locks.** by Bruce. TegnEr; ISBN: 0874070090;  
<http://www.amazon.com/exec/obidos/ASIN/0874070090/icongroupinterna>
- **Aikido and Randori** by Scott Allbright (2002); ISBN: 1861264984;  
<http://www.amazon.com/exec/obidos/ASIN/1861264984/icongroupinterna>
- **Aikido and the Dynamic Sphere: An Illustrated Introduction** by Adele Westbrook, Oscar Ratti (Contributor) (1994); ISBN: 0804800049;  
<http://www.amazon.com/exec/obidos/ASIN/0804800049/icongroupinterna>
- **Aikido and the Harmony of Nature** by Mitsugi Saotome (Author) (1993); ISBN: 0877738556;  
<http://www.amazon.com/exec/obidos/ASIN/0877738556/icongroupinterna>
- **Aikido and the New Warrior (Io Series, No 35)** by Richard Heckler (Editor) (1989); ISBN: 0938190512;  
<http://www.amazon.com/exec/obidos/ASIN/0938190512/icongroupinterna>
- **Aikido Basics** by Dang Thong Phong, et al (2003); ISBN: 0804834903;  
<http://www.amazon.com/exec/obidos/ASIN/0804834903/icongroupinterna>
- **Aikido Empresarial** by Robert Pino (2000); ISBN: 9584100955;  
<http://www.amazon.com/exec/obidos/ASIN/9584100955/icongroupinterna>
- **Aikido Etiqueta y Transmision** by Tamura Nobuyoshi (2003); ISBN: 8480196505;  
<http://www.amazon.com/exec/obidos/ASIN/8480196505/icongroupinterna>
- **Aikido Exercises for Teaching and Training** by C. M. Shifflett, et al (2000); ISBN: 155643314X;  
<http://www.amazon.com/exec/obidos/ASIN/155643314X/icongroupinterna>
- **Aikido for Kids** by Laura Santoro, et al (1999); ISBN: 0806994258;  
<http://www.amazon.com/exec/obidos/ASIN/0806994258/icongroupinterna>
- **Aikido for Life** by Gaku Homma (1990); ISBN: 1556430787;  
<http://www.amazon.com/exec/obidos/ASIN/1556430787/icongroupinterna>
- **Aikido in America** by John Stone (Editor), Ron Meyer (Contributor) (1995); ISBN: 1883319277;  
<http://www.amazon.com/exec/obidos/ASIN/1883319277/icongroupinterna>
- **Aikido in Daily Life** by K. Tohei; ISBN: 0870402218;  
<http://www.amazon.com/exec/obidos/ASIN/0870402218/icongroupinterna>

- **Aikido in Everyday Life: Giving in to Get Your Way** by Terry Dobson, et al (1993); ISBN: 1556431511;  
<http://www.amazon.com/exec/obidos/ASIN/1556431511/icongroupinterna>
- **Aikido In Training : A Manual of Traditional Aikido Practice and Principles** by R. Crane, K. Crane (1993); ISBN: 0963642952;  
<http://www.amazon.com/exec/obidos/ASIN/0963642952/icongroupinterna>
- **Aikido Sketch Diary: Dojo 365 Days** by Gaku Homma, Yutaka Kikuchi (Translator) (1994); ISBN: 1883319226;  
<http://www.amazon.com/exec/obidos/ASIN/1883319226/icongroupinterna>
- **Aikido With Ki** by Koretoshi Maruyama, Koichi Tohei; ISBN: 0870405667;  
<http://www.amazon.com/exec/obidos/ASIN/0870405667/icongroupinterna>
- **Aikido: A Beginner's Text** by Greg Olson (2001); ISBN: 0787228303;  
<http://www.amazon.com/exec/obidos/ASIN/0787228303/icongroupinterna>
- **Aikido: An Introduction to Tomiki-Style: Randori-No-Kata & Variations** by M. J. Clapton (1996); ISBN: 090176423X;  
<http://www.amazon.com/exec/obidos/ASIN/090176423X/icongroupinterna>
- **Aikido: Its Heart and Appearance** (1976); ISBN: 0685881172;  
<http://www.amazon.com/exec/obidos/ASIN/0685881172/icongroupinterna>
- **Aikido: Principles of Kata and Randori** by Nick Lowry (2003); ISBN: 1591133203;  
<http://www.amazon.com/exec/obidos/ASIN/1591133203/icongroupinterna>
- **Aikido: Techniques & Tactics (Martial Arts Series)** by Gary Bennett (1997); ISBN: 088011598X;  
<http://www.amazon.com/exec/obidos/ASIN/088011598X/icongroupinterna>
- **Aikido: The Tomiki Way** by Neil Saunders (2003); ISBN: 1412006686;  
<http://www.amazon.com/exec/obidos/ASIN/1412006686/icongroupinterna>
- **Aikido: The Way of Harmony** by John Stevens, Shirata Rinjiro (1984); ISBN: 0394714261;  
<http://www.amazon.com/exec/obidos/ASIN/0394714261/icongroupinterna>
- **Aikido: Tradition and New Tomiki Free Fighting Method** by Nobuyoshi Higashi (1989); ISBN: 0865681449;  
<http://www.amazon.com/exec/obidos/ASIN/0865681449/icongroupinterna>
- **Aikido: Tradition and the Competitive Edge** by Fumiaki Shishida, Tetsuro Nariyama (2002); ISBN: 0964708329;  
<http://www.amazon.com/exec/obidos/ASIN/0964708329/icongroupinterna>
- **Aikido: Traditional Art & Modern Sport** by Brian N. Bagot, Paul McGlone (1993); ISBN: 1852237155;  
<http://www.amazon.com/exec/obidos/ASIN/1852237155/icongroupinterna>
- **An Introduction to Aikido** by Jon Pearson; ISBN: 0356191184;  
<http://www.amazon.com/exec/obidos/ASIN/0356191184/icongroupinterna>
- **Artes Marciales - El Aikido** by Jose Santos Nalda (1997); ISBN: 8486475481;  
<http://www.amazon.com/exec/obidos/ASIN/8486475481/icongroupinterna>
- **Best Aikido: The Fundamentals** by Kisshomaru Ueshiba, et al (2002); ISBN: 4770027621;  
<http://www.amazon.com/exec/obidos/ASIN/4770027621/icongroupinterna>

- **Bruce Tegner's Complete Book of Self-Defense Judo, Jiu Jitsu, Karate, Savate, Yawara, Aikido, and Ate-Waza.** by Bruce Tegner (1975); ISBN: 0874070309; <http://www.amazon.com/exec/obidos/ASIN/0874070309/icongroupinterna>
- **Budo Training in Aikido** by Morihei Ueshiba (2001); ISBN: 4889960791; <http://www.amazon.com/exec/obidos/ASIN/4889960791/icongroupinterna>
- **Budo: Teachings of the Founder of Aikido** by Morihei Ueshiba, Kisshomaru Ueshiba (Introduction) (1996); ISBN: 4770020708; <http://www.amazon.com/exec/obidos/ASIN/4770020708/icongroupinterna>
- **Center: The Power of Aikido** by Mark Reeder, Ron Meyer (2000); ISBN: 158394012X; <http://www.amazon.com/exec/obidos/ASIN/158394012X/icongroupinterna>
- **Children and the Martial Arts: An Aikido Point of View** by Gaku Homma, et al (1993); ISBN: 1556431392; <http://www.amazon.com/exec/obidos/ASIN/1556431392/icongroupinterna>
- **Complete Aikido: Aikido Kyohan: The Definitive Guide to the Way of Harmony (Tuttle Martial Arts)** by Roy Suenaka, Christopher Watson (Contributor) (1998); ISBN: 0804831408; <http://www.amazon.com/exec/obidos/ASIN/0804831408/icongroupinterna>
- **Doing Aikido** by Alan E. Drysdale; ISBN: 0966824407; <http://www.amazon.com/exec/obidos/ASIN/0966824407/icongroupinterna>
- **Dynamic Aikido** (1977); ISBN: 0685637514; <http://www.amazon.com/exec/obidos/ASIN/0685637514/icongroupinterna>
- **Dynamic Aikido** by Gozo Shioda, Geoffrey Hamilton (Translator) (1977); ISBN: 0870113011; <http://www.amazon.com/exec/obidos/ASIN/0870113011/icongroupinterna>
- **El Libro del Aikido** by James Stevens (2003); ISBN: 8472455238; <http://www.amazon.com/exec/obidos/ASIN/8472455238/icongroupinterna>
- **Enlightenment Through Aikido** by Kanshu Sunadomari (Author) (2004); ISBN: 1556434871; <http://www.amazon.com/exec/obidos/ASIN/1556434871/icongroupinterna>
- **First Steps in Aikido** by Wendy G. Walker (1998); ISBN: 1874250502; <http://www.amazon.com/exec/obidos/ASIN/1874250502/icongroupinterna>
- **Intuitive Body: Aikido As a Clairsentient Practice** by Wendy Palmer (2000); ISBN: 1556433468; <http://www.amazon.com/exec/obidos/ASIN/1556433468/icongroupinterna>
- **Invincible Warrior: An Illustrated Biography of Morihei Ueshiba, Founder of Aikido** by John Stevens (1999); ISBN: 1570623945; <http://www.amazon.com/exec/obidos/ASIN/1570623945/icongroupinterna>
- **It's a Lot Like Dancing: An Aikido Journal** by Terry Dobson, et al (1994); ISBN: 1883319021; <http://www.amazon.com/exec/obidos/ASIN/1883319021/icongroupinterna>
- **Keijutsukai Aikido: Japanese Art of Self Defense** by Thomas Makiyama, et al (1983); ISBN: 089750092X; <http://www.amazon.com/exec/obidos/ASIN/089750092X/icongroupinterna>

- **Keijutsukai Aikido: Japanese Art of Self-Defense with Video** by Thomas Makiyama (1999); ISBN: 1581331398;  
<http://www.amazon.com/exec/obidos/ASIN/1581331398/icongroupinterna>
- **Ki in Aikido: A Sampler of Ki Exercises** by C. M. Shifflett (1998); ISBN: 0965342530;  
<http://www.amazon.com/exec/obidos/ASIN/0965342530/icongroupinterna>
- **Ki-Aikido on Maui** by Christopher Curtis; ISBN: 0965502112;  
<http://www.amazon.com/exec/obidos/ASIN/0965502112/icongroupinterna>
- **Koryu Aikido** by Nobuyoshi Higashi (1999); ISBN: 0865681589;  
<http://www.amazon.com/exec/obidos/ASIN/0865681589/icongroupinterna>
- **Leadership Aikido: 6 Business Practices to Turn Around Your Life** by John R. O'Neil; ISBN: 0517705753;  
<http://www.amazon.com/exec/obidos/ASIN/0517705753/icongroupinterna>
- **Living Aikido** by Bruce Klickstein, George Burr Leonard (1987); ISBN: 0938190857;  
<http://www.amazon.com/exec/obidos/ASIN/0938190857/icongroupinterna>
- **Los Principios del Aikido** by Mitsugi Saotome (2002); ISBN: 8480196114;  
<http://www.amazon.com/exec/obidos/ASIN/8480196114/icongroupinterna>
- **Masterclass Karate: Aikido, Ju-Kitsu, Judo, Aikido, Ju-Jitsu, Judo** by Fay Goodman (2002); ISBN: 1842155377;  
<http://www.amazon.com/exec/obidos/ASIN/1842155377/icongroupinterna>
- **New Aikido Complete: The Arts of Power and Movement** by Yoshimitsu Yamada; ISBN: 0818403012;  
<http://www.amazon.com/exec/obidos/ASIN/0818403012/icongroupinterna>
- **Remembering O-Sensei: Living and Training With Morihei Ueshiba, Founder of Aikido** by Susan Perry (Editor), Moriteru Ueshiba (2002); ISBN: 1570629323;  
<http://www.amazon.com/exec/obidos/ASIN/1570629323/icongroupinterna>
- **Solo Forms of Karate, Tai Chi, Aikido and Kung Fu** by Bruce and McGrath, Alice Tegner, Alice Greenfield McGrath (1981); ISBN: 0874070341;  
<http://www.amazon.com/exec/obidos/ASIN/0874070341/icongroupinterna>
- **Spiritual Journey of Aikido** by Huw Dillon (1998); ISBN: 1874250359;  
<http://www.amazon.com/exec/obidos/ASIN/1874250359/icongroupinterna>
- **Structure of Aikido Kenjutsu & Taijutsu** by Gaku Homma, Emily Busch (Translator) (1997); ISBN: 1883319552;  
<http://www.amazon.com/exec/obidos/ASIN/1883319552/icongroupinterna>
- **Tales of Jord's Storage-Unit Aikido** by Susan Perry, Ronald Rubin; ISBN: 0941736253;  
<http://www.amazon.com/exec/obidos/ASIN/0941736253/icongroupinterna>
- **The Aikido Master Course: Best Aikido 2** by Moriteru Ueshiba; ISBN: 477002763X;  
<http://www.amazon.com/exec/obidos/ASIN/477002763X/icongroupinterna>
- **The Aikido Student Handbook** by Greg O'Connor (1994); ISBN: 1883319048;  
<http://www.amazon.com/exec/obidos/ASIN/1883319048/icongroupinterna>
- **The Art of Peace: Teachings of the Founder of Aikido (Shambhala Pocket Classics)** by Morihei Ueshiba, John Stevens (Editor) (1992); ISBN: 0877738513;  
<http://www.amazon.com/exec/obidos/ASIN/0877738513/icongroupinterna>

- **The Black Belt Master Course in Nihon Goshin Aikido** by Walter Kopitov (2000); ISBN: 0970608004; <http://www.amazon.com/exec/obidos/ASIN/0970608004/icongroupinterna>
- **The Elements of Aikido (The Elements of)** by Greg O'Connor (1999); ISBN: 1862043221; <http://www.amazon.com/exec/obidos/ASIN/1862043221/icongroupinterna>
- **The Essence of Aikido** by Bill Sosa, Bryan Robbins (1989); ISBN: 0865680973; <http://www.amazon.com/exec/obidos/ASIN/0865680973/icongroupinterna>
- **The Essence of Aikido: Spiritual Teachings of Morihei Ueshiba** by Morihei Ueshiba, John Stevens (Compiler) (1999); ISBN: 477002357X; <http://www.amazon.com/exec/obidos/ASIN/477002357X/icongroupinterna>
- **The Guide to Karate: Judo, Aikido, Ju-Jitsu** by Fay Goodman, Mike James (Photographer) (2000); ISBN: 0754805239; <http://www.amazon.com/exec/obidos/ASIN/0754805239/icongroupinterna>
- **The Hidden Roots of Aikido: Aiki Jujutsu Daitoryu** by Shiro Omiya (1999); ISBN: 4770023278; <http://www.amazon.com/exec/obidos/ASIN/4770023278/icongroupinterna>
- **The Philosophy of Aikido** by John Stevens (2001); ISBN: 4770025343; <http://www.amazon.com/exec/obidos/ASIN/4770025343/icongroupinterna>
- **The Principles of Aikido** by Mitsugi Saotome, Irene Wellington (Editor) (1989); ISBN: 0877734097; <http://www.amazon.com/exec/obidos/ASIN/0877734097/icongroupinterna>
- **The Secrets of Aikido** by John Stevens (1997); ISBN: 1570622353; <http://www.amazon.com/exec/obidos/ASIN/1570622353/icongroupinterna>
- **The Secrets of Police Aikido : Controlling Tactics Used by Law Enforcement Professionals** by Bill Sosa (1997); ISBN: 0806519320; <http://www.amazon.com/exec/obidos/ASIN/0806519320/icongroupinterna>
- **The Shambhala Guide to Aikido** by John Stevens, Peter Turner (Editor) (1996); ISBN: 1570621705; <http://www.amazon.com/exec/obidos/ASIN/1570621705/icongroupinterna>
- **The Spirit of Aikido** by Kisshomaru Ueshiba, Taitetsu Unno (Translator) (1988); ISBN: 0870118501; <http://www.amazon.com/exec/obidos/ASIN/0870118501/icongroupinterna>
- **The Spiritual Foundations of Aikido** by William Gleason (1995); ISBN: 0892815086; <http://www.amazon.com/exec/obidos/ASIN/0892815086/icongroupinterna>
- **The Way of Aikido: Life Lessons from an American Sensai** by George Burr Leonard (1999); ISBN: 0525944133; <http://www.amazon.com/exec/obidos/ASIN/0525944133/icongroupinterna>
- **Tomiki Aikido: Randori & Koryu No Kata** by Lee Ah Loi (1997); ISBN: 1874250200; <http://www.amazon.com/exec/obidos/ASIN/1874250200/icongroupinterna>
- **Total Aikido: The Master Course** by Gozo Shioda, et al (1997); ISBN: 4770020589; <http://www.amazon.com/exec/obidos/ASIN/4770020589/icongroupinterna>
- **Training With the Master: Lessons With Morihei Ueshiba, Founder of Aikido** by John Stevens, et al (1999); ISBN: 1570623228; <http://www.amazon.com/exec/obidos/ASIN/1570623228/icongroupinterna>

- **Ultimate Aikido: Secrets of Self-Defense and Inner Power** by Yoshimitsu Yamada, et al (1999); ISBN: 080651566X;  
<http://www.amazon.com/exec/obidos/ASIN/080651566X/icongroupinterna>
- **Una Vision del Aikido a Partir de Hito Hemi** by Fidel Font Roig (2001); ISBN: 848019507X;  
<http://www.amazon.com/exec/obidos/ASIN/848019507X/icongroupinterna>
- **Understanding Shodokan Aikido** by Sean Masaki Flynn (2002); ISBN: 0964708310;  
<http://www.amazon.com/exec/obidos/ASIN/0964708310/icongroupinterna>
- **Women in Aikido** by Andrea Siegel, Jan Watson (Illustrator) (1993); ISBN: 1556431619;  
<http://www.amazon.com/exec/obidos/ASIN/1556431619/icongroupinterna>

## Chapters on Aikido

In order to find chapters that specifically relate to Aikido, an excellent source of abstracts is the Combined Health Information Database. You will need to limit your search to book chapters and Aikido using the “Detailed Search” option. Go to the following hyperlink: <http://chid.nih.gov/detail/detail.html>. To find book chapters, use the drop boxes at the bottom of the search page where “You may refine your search by.” Select the dates and language you prefer, and the format option “Book Chapter.” Type “Aikido” (or synonyms) into the “For these words:” box.



## CHAPTER 5. PERIODICALS AND NEWS ON AIKIDO

### Overview

In this chapter, we suggest a number of news sources and present various periodicals that cover Aikido.

### News Services and Press Releases

One of the simplest ways of tracking press releases on Aikido is to search the news wires. In the following sample of sources, we will briefly describe how to access each service. These services only post recent news intended for public viewing.

#### PR Newswire

To access the PR Newswire archive, simply go to <http://www.prnewswire.com/>. Select your country. Type "Aikido" (or synonyms) into the search box. You will automatically receive information on relevant news releases posted within the last 30 days. The search results are shown by order of relevance.

#### Reuters Health

The Reuters' Medical News and Health eLine databases can be very useful in exploring news archives relating to Aikido. While some of the listed articles are free to view, others are available for purchase for a nominal fee. To access this archive, go to <http://www.reutershealth.com/en/index.html> and search by "Aikido" (or synonyms).

#### The NIH

Within MEDLINEplus, the NIH has made an agreement with the New York Times Syndicate, the AP News Service, and Reuters to deliver news that can be browsed by the public. Search news releases at [http://www.nlm.nih.gov/medlineplus/alphanews\\_a.html](http://www.nlm.nih.gov/medlineplus/alphanews_a.html). MEDLINEplus allows you to browse across an alphabetical index. Or you can search by date

at the following Web page: <http://www.nlm.nih.gov/medlineplus/newsbydate.html>. Often, news items are indexed by MEDLINEplus within its search engine.

### **Business Wire**

Business Wire is similar to PR Newswire. To access this archive, simply go to <http://www.businesswire.com/>. You can scan the news by industry category or company name.

### **Market Wire**

Market Wire is more focused on technology than the other wires. To browse the latest press releases by topic, such as alternative medicine, biotechnology, fitness, healthcare, legal, nutrition, and pharmaceuticals, access Market Wire's Medical/Health channel at [http://www.marketwire.com/mw/release\\_index?channel=MedicalHealth](http://www.marketwire.com/mw/release_index?channel=MedicalHealth). Or simply go to Market Wire's home page at <http://www.marketwire.com/mw/home>, type "Aikido" (or synonyms) into the search box, and click on "Search News." As this service is technology oriented, you may wish to use it when searching for press releases covering diagnostic procedures or tests.

### **Search Engines**

Medical news is also available in the news sections of commercial Internet search engines. See the health news page at Yahoo ([http://dir.yahoo.com/Health/News\\_and\\_Media/](http://dir.yahoo.com/Health/News_and_Media/)), or you can use this Web site's general news search page at <http://news.yahoo.com/>. Type in "Aikido" (or synonyms). If you know the name of a company that is relevant to Aikido, you can go to any stock trading Web site (such as <http://www.etrade.com/>) and search for the company name there. News items across various news sources are reported on indicated hyperlinks. Google offers a similar service at <http://news.google.com/>.

### **BBC**

Covering news from a more European perspective, the British Broadcasting Corporation (BBC) allows the public free access to their news archive located at <http://www.bbc.co.uk/>. Search by "Aikido" (or synonyms).

### **Academic Periodicals covering Aikido**

Numerous periodicals are currently indexed within the National Library of Medicine's PubMed database that are known to publish articles relating to Aikido. In addition to these sources, you can search for articles covering Aikido that have been published by any of the periodicals listed in previous chapters. To find the latest studies published, go to <http://www.ncbi.nlm.nih.gov/pubmed>, type the name of the periodical into the search box, and click "Go."

If you want complete details about the historical contents of a journal, you can also visit the following Web site: <http://www.ncbi.nlm.nih.gov/entrez/jrbrowser.cgi>. Here, type in the name of the journal or its abbreviation, and you will receive an index of published articles. At <http://locatorplus.gov/>, you can retrieve more indexing information on medical periodicals (e.g. the name of the publisher). Select the button "Search LOCATORplus." Then type in the name of the journal and select the advanced search option "Journal Title Search."



# APPENDICES



## APPENDIX A. PHYSICIAN RESOURCES

### Overview

In this chapter, we focus on databases and Internet-based guidelines and information resources created or written for a professional audience.

### NIH Guidelines

Commonly referred to as “clinical” or “professional” guidelines, the National Institutes of Health publish physician guidelines for the most common diseases. Publications are available at the following by relevant Institute<sup>4</sup>:

- Office of the Director (OD); guidelines consolidated across agencies available at <http://www.nih.gov/health/consumer/conkey.htm>
- National Institute of General Medical Sciences (NIGMS); fact sheets available at <http://www.nigms.nih.gov/news/facts/>
- National Library of Medicine (NLM); extensive encyclopedia (A.D.A.M., Inc.) with guidelines: <http://www.nlm.nih.gov/medlineplus/healthtopics.html>
- National Cancer Institute (NCI); guidelines available at <http://www.cancer.gov/cancerinfo/list.aspx?viewid=5f35036e-5497-4d86-8c2c-714a9f7c8d25>
- National Eye Institute (NEI); guidelines available at <http://www.nei.nih.gov/order/index.htm>
- National Heart, Lung, and Blood Institute (NHLBI); guidelines available at <http://www.nhlbi.nih.gov/guidelines/index.htm>
- National Human Genome Research Institute (NHGRI); research available at <http://www.genome.gov/page.cfm?pageID=10000375>
- National Institute on Aging (NIA); guidelines available at <http://www.nia.nih.gov/health/>

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<sup>4</sup> These publications are typically written by one or more of the various NIH Institutes.

- National Institute on Alcohol Abuse and Alcoholism (NIAAA); guidelines available at <http://www.niaaa.nih.gov/publications/publications.htm>
- National Institute of Allergy and Infectious Diseases (NIAID); guidelines available at <http://www.niaid.nih.gov/publications/>
- National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS); fact sheets and guidelines available at <http://www.niams.nih.gov/hi/index.htm>
- National Institute of Child Health and Human Development (NICHD); guidelines available at <http://www.nichd.nih.gov/publications/pubskey.cfm>
- National Institute on Deafness and Other Communication Disorders (NIDCD); fact sheets and guidelines at <http://www.nidcd.nih.gov/health/>
- National Institute of Dental and Craniofacial Research (NIDCR); guidelines available at <http://www.nidr.nih.gov/health/>
- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK); guidelines available at <http://www.niddk.nih.gov/health/health.htm>
- National Institute on Drug Abuse (NIDA); guidelines available at <http://www.nida.nih.gov/DrugAbuse.html>
- National Institute of Environmental Health Sciences (NIEHS); environmental health information available at <http://www.niehs.nih.gov/external/facts.htm>
- National Institute of Mental Health (NIMH); guidelines available at <http://www.nimh.nih.gov/practitioners/index.cfm>
- National Institute of Neurological Disorders and Stroke (NINDS); neurological disorder information pages available at [http://www.ninds.nih.gov/health\\_and\\_medical/disorder\\_index.htm](http://www.ninds.nih.gov/health_and_medical/disorder_index.htm)
- National Institute of Nursing Research (NINR); publications on selected illnesses at <http://www.nih.gov/ninr/news-info/publications.html>
- National Institute of Biomedical Imaging and Bioengineering; general information at [http://grants.nih.gov/grants/becon/becon\\_info.htm](http://grants.nih.gov/grants/becon/becon_info.htm)
- Center for Information Technology (CIT); referrals to other agencies based on keyword searches available at [http://kb.nih.gov/www\\_query\\_main.asp](http://kb.nih.gov/www_query_main.asp)
- National Center for Complementary and Alternative Medicine (NCCAM); health information available at <http://nccam.nih.gov/health/>
- National Center for Research Resources (NCRR); various information directories available at <http://www.ncrr.nih.gov/publications.asp>
- Office of Rare Diseases; various fact sheets available at [http://rarediseases.info.nih.gov/html/resources/rep\\_pubs.html](http://rarediseases.info.nih.gov/html/resources/rep_pubs.html)
- Centers for Disease Control and Prevention; various fact sheets on infectious diseases available at <http://www.cdc.gov/publications.htm>

## NIH Databases

In addition to the various Institutes of Health that publish professional guidelines, the NIH has designed a number of databases for professionals.<sup>5</sup> Physician-oriented resources provide a wide variety of information related to the biomedical and health sciences, both past and present. The format of these resources varies. Searchable databases, bibliographic citations, full-text articles (when available), archival collections, and images are all available. The following are referenced by the National Library of Medicine:<sup>6</sup>

- **Bioethics:** Access to published literature on the ethical, legal, and public policy issues surrounding healthcare and biomedical research. This information is provided in conjunction with the Kennedy Institute of Ethics located at Georgetown University, Washington, D.C.: [http://www.nlm.nih.gov/databases/databases\\_bioethics.html](http://www.nlm.nih.gov/databases/databases_bioethics.html)
- **HIV/AIDS Resources:** Describes various links and databases dedicated to HIV/AIDS research: <http://www.nlm.nih.gov/pubs/factsheets/aidsinfs.html>
- **NLM Online Exhibitions:** Describes “Exhibitions in the History of Medicine”: <http://www.nlm.nih.gov/exhibition/exhibition.html>. Additional resources for historical scholarship in medicine: <http://www.nlm.nih.gov/hmd/hmd.html>
- **Biotechnology Information:** Access to public databases. The National Center for Biotechnology Information conducts research in computational biology, develops software tools for analyzing genome data, and disseminates biomedical information for the better understanding of molecular processes affecting human health and disease: <http://www.ncbi.nlm.nih.gov/>
- **Population Information:** The National Library of Medicine provides access to worldwide coverage of population, family planning, and related health issues, including family planning technology and programs, fertility, and population law and policy: [http://www.nlm.nih.gov/databases/databases\\_population.html](http://www.nlm.nih.gov/databases/databases_population.html)
- **Cancer Information:** Access to cancer-oriented databases: [http://www.nlm.nih.gov/databases/databases\\_cancer.html](http://www.nlm.nih.gov/databases/databases_cancer.html)
- **Profiles in Science:** Offering the archival collections of prominent twentieth-century biomedical scientists to the public through modern digital technology: <http://www.profiles.nlm.nih.gov/>
- **Chemical Information:** Provides links to various chemical databases and references: <http://sis.nlm.nih.gov/Chem/ChemMain.html>
- **Clinical Alerts:** Reports the release of findings from the NIH-funded clinical trials where such release could significantly affect morbidity and mortality: [http://www.nlm.nih.gov/databases/alerts/clinical\\_alerts.html](http://www.nlm.nih.gov/databases/alerts/clinical_alerts.html)
- **Space Life Sciences:** Provides links and information to space-based research (including NASA): [http://www.nlm.nih.gov/databases/databases\\_space.html](http://www.nlm.nih.gov/databases/databases_space.html)
- **MEDLINE:** Bibliographic database covering the fields of medicine, nursing, dentistry, veterinary medicine, the healthcare system, and the pre-clinical sciences: [http://www.nlm.nih.gov/databases/databases\\_medline.html](http://www.nlm.nih.gov/databases/databases_medline.html)

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<sup>5</sup> Remember, for the general public, the National Library of Medicine recommends the databases referenced in MEDLINEplus (<http://medlineplus.gov/> or <http://www.nlm.nih.gov/medlineplus/databases.html>).

<sup>6</sup> See <http://www.nlm.nih.gov/databases/databases.html>.

- **Toxicology and Environmental Health Information (TOXNET):** Databases covering toxicology and environmental health: <http://sis.nlm.nih.gov/Tox/ToxMain.html>
- **Visible Human Interface:** Anatomically detailed, three-dimensional representations of normal male and female human bodies:  
[http://www.nlm.nih.gov/research/visible/visible\\_human.html](http://www.nlm.nih.gov/research/visible/visible_human.html)

### The NLM Gateway<sup>7</sup>

The NLM (National Library of Medicine) Gateway is a Web-based system that lets users search simultaneously in multiple retrieval systems at the U.S. National Library of Medicine (NLM). It allows users of NLM services to initiate searches from one Web interface, providing one-stop searching for many of NLM's information resources or databases.<sup>8</sup> To use the NLM Gateway, simply go to the search site at <http://gateway.nlm.nih.gov/gw/Cmd>. Type "Aikido" (or synonyms) into the search box and click "Search." The results will be presented in a tabular form, indicating the number of references in each database category.

### Results Summary

Category	Items Found
Journal Articles	348
Books / Periodicals / Audio Visual	18
Consumer Health	4
Meeting Abstracts	0
Other Collections	0
Total	370

### HSTAT<sup>9</sup>

HSTAT is a free, Web-based resource that provides access to full-text documents used in healthcare decision-making.<sup>10</sup> These documents include clinical practice guidelines, quick-reference guides for clinicians, consumer health brochures, evidence reports and technology assessments from the Agency for Healthcare Research and Quality (AHRQ), as well as AHRQ's Put Prevention Into Practice.<sup>11</sup> Simply search by "Aikido" (or synonyms) at the following Web site: <http://text.nlm.nih.gov>.

<sup>7</sup> Adapted from NLM: <http://gateway.nlm.nih.gov/gw/Cmd?Overview.x>.

<sup>8</sup> The NLM Gateway is currently being developed by the Lister Hill National Center for Biomedical Communications (LHNCBC) at the National Library of Medicine (NLM) of the National Institutes of Health (NIH).

<sup>9</sup> Adapted from HSTAT: <http://www.nlm.nih.gov/pubs/factsheets/hstat.html>.

<sup>10</sup> The HSTAT URL is <http://hstat.nlm.nih.gov/>.

<sup>11</sup> Other important documents in HSTAT include: the National Institutes of Health (NIH) Consensus Conference Reports and Technology Assessment Reports; the HIV/AIDS Treatment Information Service (ATIS) resource documents; the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment (SAMHSA/CSAT) Treatment Improvement Protocols (TIP) and Center for Substance Abuse Prevention (SAMHSA/CSAP) Prevention Enhancement Protocols System (PEPS); the Public Health Service (PHS) Preventive Services Task Force's *Guide to Clinical Preventive Services*; the independent, nonfederal Task Force on Community Services' *Guide to Community Preventive Services*; and the Health Technology Advisory Committee (HTAC) of the Minnesota Health Care Commission (MHCC) health technology evaluations.

### Coffee Break: Tutorials for Biologists<sup>12</sup>

Coffee Break is a general healthcare site that takes a scientific view of the news and covers recent breakthroughs in biology that may one day assist physicians in developing treatments. Here you will find a collection of short reports on recent biological discoveries. Each report incorporates interactive tutorials that demonstrate how bioinformatics tools are used as a part of the research process. Currently, all Coffee Breaks are written by NCBI staff.<sup>13</sup> Each report is about 400 words and is usually based on a discovery reported in one or more articles from recently published, peer-reviewed literature.<sup>14</sup> This site has new articles every few weeks, so it can be considered an online magazine of sorts. It is intended for general background information. You can access the Coffee Break Web site at the following hyperlink: <http://www.ncbi.nlm.nih.gov/Coffeebreak/>.

### Other Commercial Databases

In addition to resources maintained by official agencies, other databases exist that are commercial ventures addressing medical professionals. Here are some examples that may interest you:

- **CliniWeb International:** Index and table of contents to selected clinical information on the Internet; see <http://www.ohsu.edu/cliniweb/>.
- **Medical World Search:** Searches full text from thousands of selected medical sites on the Internet; see <http://www.mwsearch.com/>.

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<sup>12</sup> Adapted from <http://www.ncbi.nlm.nih.gov/Coffeebreak/Archive/FAQ.html>.

<sup>13</sup> The figure that accompanies each article is frequently supplied by an expert external to NCBI, in which case the source of the figure is cited. The result is an interactive tutorial that tells a biological story.

<sup>14</sup> After a brief introduction that sets the work described into a broader context, the report focuses on how a molecular understanding can provide explanations of observed biology and lead to therapies for diseases. Each vignette is accompanied by a figure and hypertext links that lead to a series of pages that interactively show how NCBI tools and resources are used in the research process.



## APPENDIX B. PATIENT RESOURCES

### Overview

Official agencies, as well as federally funded institutions supported by national grants, frequently publish a variety of guidelines written with the patient in mind. These are typically called "Fact Sheets" or "Guidelines." They can take the form of a brochure, information kit, pamphlet, or flyer. Often they are only a few pages in length. Since new guidelines on Aikido can appear at any moment and be published by a number of sources, the best approach to finding guidelines is to systematically scan the Internet-based services that post them.

### Patient Guideline Sources

The remainder of this chapter directs you to sources which either publish or can help you find additional guidelines on topics related to Aikido. Due to space limitations, these sources are listed in a concise manner. Do not hesitate to consult the following sources by either using the Internet hyperlink provided, or, in cases where the contact information is provided, contacting the publisher or author directly.

#### The National Institutes of Health

The NIH gateway to patients is located at <http://health.nih.gov/>. From this site, you can search across various sources and institutes, a number of which are summarized below.

#### Topic Pages: MEDLINEplus

The National Library of Medicine has created a vast and patient-oriented healthcare information portal called MEDLINEplus. Within this Internet-based system are "health topic pages" which list links to available materials relevant to Aikido. To access this system, log on to <http://www.nlm.nih.gov/medlineplus/healthtopics.html>. From there you can either search using the alphabetical index or browse by broad topic areas. Recently, MEDLINEplus listed the following when searched for "Aikido":

- Other guides

**Children's Health**

<http://www.nlm.nih.gov/medlineplus/childrenshealth.html>

**Exercise for Seniors**

<http://www.nlm.nih.gov/medlineplus/exerciseforseniors.html>

**Mental Health**

<http://www.nlm.nih.gov/medlineplus/mentalhealth.html>

**Sports Fitness**

<http://www.nlm.nih.gov/medlineplus/sportsfitness.html>

You may also choose to use the search utility provided by MEDLINEplus at the following Web address: <http://www.nlm.nih.gov/medlineplus/>. Simply type a keyword into the search box and click "Search." This utility is similar to the NIH search utility, with the exception that it only includes materials that are linked within the MEDLINEplus system (mostly patient-oriented information). It also has the disadvantage of generating unstructured results. We recommend, therefore, that you use this method only if you have a very targeted search.

### The NIH Search Utility

The NIH search utility allows you to search for documents on over 100 selected Web sites that comprise the NIH-WEB-SPACE. Each of these servers is "crawled" and indexed on an ongoing basis. Your search will produce a list of various documents, all of which will relate in some way to Aikido. The drawbacks of this approach are that the information is not organized by theme and that the references are often a mix of information for professionals and patients. Nevertheless, a large number of the listed Web sites provide useful background information. We can only recommend this route, therefore, for relatively rare or specific disorders, or when using highly targeted searches. To use the NIH search utility, visit the following Web page: <http://search.nih.gov/index.html>.

### Additional Web Sources

A number of Web sites are available to the public that often link to government sites. These can also point you in the direction of essential information. The following is a representative sample:

- AOL: <http://search.aol.com/cat.adp?id=168&layer=&from=subcats>
- Family Village: <http://www.familyvillage.wisc.edu/specifc.htm>
- Google: [http://directory.google.com/Top/Health/Conditions\\_and\\_Diseases/](http://directory.google.com/Top/Health/Conditions_and_Diseases/)
- Med Help International: <http://www.medhelp.org/HealthTopics/A.html>
- Open Directory Project: [http://dmoz.org/Health/Conditions\\_and\\_Diseases/](http://dmoz.org/Health/Conditions_and_Diseases/)
- Yahoo.com: [http://dir.yahoo.com/Health/Diseases\\_and\\_Conditions/](http://dir.yahoo.com/Health/Diseases_and_Conditions/)
- WebMD®Health: [http://my.webmd.com/health\\_topics](http://my.webmd.com/health_topics)

## Finding Associations

There are several Internet directories that provide lists of medical associations with information on or resources relating to Aikido. By consulting all of associations listed in this chapter, you will have nearly exhausted all sources for patient associations concerned with Aikido.

### The National Health Information Center (NHIC)

The National Health Information Center (NHIC) offers a free referral service to help people find organizations that provide information about Aikido. For more information, see the NHIC's Web site at <http://www.health.gov/NHIC/> or contact an information specialist by calling 1-800-336-4797.

### Directory of Health Organizations

The Directory of Health Organizations, provided by the National Library of Medicine Specialized Information Services, is a comprehensive source of information on associations. The Directory of Health Organizations database can be accessed via the Internet at <http://www.sis.nlm.nih.gov/Dir/DirMain.html>. It is composed of two parts: DIRLINE and Health Hotlines.

The DIRLINE database comprises some 10,000 records of organizations, research centers, and government institutes and associations that primarily focus on health and biomedicine. To access DIRLINE directly, go to the following Web site: <http://dirline.nlm.nih.gov/>. Simply type in "Aikido" (or a synonym), and you will receive information on all relevant organizations listed in the database.

Health Hotlines directs you to toll-free numbers to over 300 organizations. You can access this database directly at <http://www.sis.nlm.nih.gov/hotlines/>. On this page, you are given the option to search by keyword or by browsing the subject list. When you have received your search results, click on the name of the organization for its description and contact information.

### The Combined Health Information Database

Another comprehensive source of information on healthcare associations is the Combined Health Information Database. Using the "Detailed Search" option, you will need to limit your search to "Organizations" and "Aikido". Type the following hyperlink into your Web browser: <http://chid.nih.gov/detail/detail.html>. To find associations, use the drop boxes at the bottom of the search page where "You may refine your search by." For publication date, select "All Years." Then, select your preferred language and the format option "Organization Resource Sheet." Type "Aikido" (or synonyms) into the "For these words:" box. You should check back periodically with this database since it is updated every three months.

**The National Organization for Rare Disorders, Inc.**

The National Organization for Rare Disorders, Inc. has prepared a Web site that provides, at no charge, lists of associations organized by health topic. You can access this database at the following Web site: <http://www.rarediseases.org/search/orgsearch.html>. Type "Aikido" (or a synonym) into the search box, and click "Submit Query."

## APPENDIX C. FINDING MEDICAL LIBRARIES

### Overview

In this Appendix, we show you how to quickly find a medical library in your area.

### Preparation

Your local public library and medical libraries have interlibrary loan programs with the National Library of Medicine (NLM), one of the largest medical collections in the world. According to the NLM, most of the literature in the general and historical collections of the National Library of Medicine is available on interlibrary loan to any library. If you would like to access NLM medical literature, then visit a library in your area that can request the publications for you.<sup>15</sup>

### Finding a Local Medical Library

The quickest method to locate medical libraries is to use the Internet-based directory published by the National Network of Libraries of Medicine (NN/LM). This network includes 4626 members and affiliates that provide many services to librarians, health professionals, and the public. To find a library in your area, simply visit <http://nnlm.gov/members/adv.html> or call 1-800-338-7657.

### Medical Libraries in the U.S. and Canada

In addition to the NN/LM, the National Library of Medicine (NLM) lists a number of libraries with reference facilities that are open to the public. The following is the NLM's list and includes hyperlinks to each library's Web site. These Web pages can provide information on hours of operation and other restrictions. The list below is a small sample of

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<sup>15</sup> Adapted from the NLM: <http://www.nlm.nih.gov/psd/cas/interlibrary.html>.

libraries recommended by the National Library of Medicine (sorted alphabetically by name of the U.S. state or Canadian province where the library is located)<sup>16</sup>:

- **Alabama:** Health InfoNet of Jefferson County (Jefferson County Library Cooperative, Lister Hill Library of the Health Sciences), <http://www.uab.edu/infonet/>
- **Alabama:** Richard M. Scrushy Library (American Sports Medicine Institute)
- **Arizona:** Samaritan Regional Medical Center: The Learning Center (Samaritan Health System, Phoenix, Arizona), <http://www.samaritan.edu/library/bannerlibs.htm>
- **California:** Kris Kelly Health Information Center (St. Joseph Health System, Humboldt), <http://www.humboldt1.com/~kkhic/index.html>
- **California:** Community Health Library of Los Gatos, <http://www.healthlib.org/orgresources.html>
- **California:** Consumer Health Program and Services (CHIPS) (County of Los Angeles Public Library, Los Angeles County Harbor-UCLA Medical Center Library) - Carson, CA, <http://www.colapublib.org/services/chips.html>
- **California:** Gateway Health Library (Sutter Gould Medical Foundation)
- **California:** Health Library (Stanford University Medical Center), <http://www-med.stanford.edu/healthlibrary/>
- **California:** Patient Education Resource Center - Health Information and Resources (University of California, San Francisco), <http://sfghdean.ucsf.edu/barnett/PERC/default.asp>
- **California:** Redwood Health Library (Petaluma Health Care District), <http://www.phcd.org/rwdlib.html>
- **California:** Los Gatos PlaneTree Health Library, <http://planetreesanjose.org/>
- **California:** Sutter Resource Library (Sutter Hospitals Foundation, Sacramento), <http://suttermedicalcenter.org/library/>
- **California:** Health Sciences Libraries (University of California, Davis), <http://www.lib.ucdavis.edu/healthsci/>
- **California:** ValleyCare Health Library & Ryan Comer Cancer Resource Center (ValleyCare Health System, Pleasanton), <http://gaelnet.stmarys-ca.edu/other.libs/gbal/east/vchl.html>
- **California:** Washington Community Health Resource Library (Fremont), <http://www.healthlibrary.org/>
- **Colorado:** William V. Gervasini Memorial Library (Exempla Healthcare), <http://www.saintjosephdenver.org/yourhealth/libraries/>
- **Connecticut:** Hartford Hospital Health Science Libraries (Hartford Hospital), <http://www.harthosp.org/library/>
- **Connecticut:** Healthnet: Connecticut Consumer Health Information Center (University of Connecticut Health Center, Lyman Maynard Stowe Library), <http://library.uchc.edu/departm/hnet/>

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<sup>16</sup> Abstracted from <http://www.nlm.nih.gov/medlineplus/libraries.html>.

- **Connecticut:** Waterbury Hospital Health Center Library (Waterbury Hospital, Waterbury), <http://www.waterburyhospital.com/library/consumer.shtml>
- **Delaware:** Consumer Health Library (Christiana Care Health System, Eugene du Pont Preventive Medicine & Rehabilitation Institute, Wilmington),  
[http://www.christianacare.org/health\\_guide/health\\_guide\\_pmri\\_health\\_info.cfm](http://www.christianacare.org/health_guide/health_guide_pmri_health_info.cfm)
- **Delaware:** Lewis B. Flinn Library (Delaware Academy of Medicine, Wilmington),  
<http://www.delamed.org/chls.html>
- **Georgia:** Family Resource Library (Medical College of Georgia, Augusta),  
[http://cmc.mcg.edu/kids\\_families/fam\\_resources/fam\\_res\\_lib/frl.htm](http://cmc.mcg.edu/kids_families/fam_resources/fam_res_lib/frl.htm)
- **Georgia:** Health Resource Center (Medical Center of Central Georgia, Macon),  
<http://www.mccg.org/hrc/hrchome.asp>
- **Hawaii:** Hawaii Medical Library: Consumer Health Information Service (Hawaii Medical Library, Honolulu), <http://hml.org/CHIS/>
- **Idaho:** DeArmond Consumer Health Library (Kootenai Medical Center, Coeur d'Alene),  
<http://www.nicon.org/DeArmond/index.htm>
- **Illinois:** Health Learning Center of Northwestern Memorial Hospital (Chicago),  
[http://www.nmh.org/health\\_info/hlc.html](http://www.nmh.org/health_info/hlc.html)
- **Illinois:** Medical Library (OSF Saint Francis Medical Center, Peoria),  
<http://www.osfsaintfrancis.org/general/library/>
- **Kentucky:** Medical Library - Services for Patients, Families, Students & the Public (Central Baptist Hospital, Lexington),  
<http://www.centralbap.com/education/community/library.cfm>
- **Kentucky:** University of Kentucky - Health Information Library (Chandler Medical Center, Lexington), <http://www.mc.uky.edu/PatientEd/>
- **Louisiana:** Alton Ochsner Medical Foundation Library (Alton Ochsner Medical Foundation, New Orleans), <http://www.ochsner.org/library/>
- **Louisiana:** Louisiana State University Health Sciences Center Medical Library-Shreveport, <http://lib-sh.lsuhsc.edu/>
- **Maine:** Franklin Memorial Hospital Medical Library (Franklin Memorial Hospital, Farmington), <http://www.fchn.org/fmh/lib.htm>
- **Maine:** Gerrish-True Health Sciences Library (Central Maine Medical Center, Lewiston),  
<http://www.cmmc.org/library/library.html>
- **Maine:** Hadley Parrot Health Science Library (Eastern Maine Healthcare, Bangor),  
<http://www.emh.org/hll/hpl/guide.htm>
- **Maine:** Maine Medical Center Library (Maine Medical Center, Portland),  
<http://www.mmc.org/library/>
- **Maine:** Parkview Hospital (Brunswick), <http://www.parkviewhospital.org/>
- **Maine:** Southern Maine Medical Center Health Sciences Library (Southern Maine Medical Center, Biddeford), <http://www.smmc.org/services/service.php3?choice=10>
- **Maine:** Stephens Memorial Hospital's Health Information Library (Western Maine Health, Norway), <http://www.wmhcc.org/Library>

- **Manitoba, Canada:** Consumer & Patient Health Information Service (University of Manitoba Libraries),  
<http://www.umanitoba.ca/libraries/units/health/reference/chis.html>
- **Manitoba, Canada:** J.W. Crane Memorial Library (Deer Lodge Centre, Winnipeg),  
[http://www.deerlodge.mb.ca/crane\\_library/about.asp](http://www.deerlodge.mb.ca/crane_library/about.asp)
- **Maryland:** Health Information Center at the Wheaton Regional Library (Montgomery County, Dept. of Public Libraries, Wheaton Regional Library),  
<http://www.mont.lib.md.us/healthinfo/hic.asp>
- **Massachusetts:** Baystate Medical Center Library (Baystate Health System),  
<http://www.baystatehealth.com/1024/>
- **Massachusetts:** Boston University Medical Center Alumni Medical Library (Boston University Medical Center), <http://med-libwww.bu.edu/library/lib.html>
- **Massachusetts:** Lowell General Hospital Health Sciences Library (Lowell General Hospital, Lowell), <http://www.lowellgeneral.org/library/HomePageLinks/WWW.htm>
- **Massachusetts:** Paul E. Woodard Health Sciences Library (New England Baptist Hospital, Boston), [http://www.nebh.org/health\\_lib.asp](http://www.nebh.org/health_lib.asp)
- **Massachusetts:** St. Luke's Hospital Health Sciences Library (St. Luke's Hospital, Southcoast Health System, New Bedford), <http://www.southcoast.org/library/>
- **Massachusetts:** Treadwell Library Consumer Health Reference Center (Massachusetts General Hospital), <http://www.mgh.harvard.edu/library/chrcindex.html>
- **Massachusetts:** UMass HealthNet (University of Massachusetts Medical School, Worcester), <http://healthnet.umassmed.edu/>
- **Michigan:** Botsford General Hospital Library - Consumer Health (Botsford General Hospital, Library & Internet Services), <http://www.botsfordlibrary.org/consumer.htm>
- **Michigan:** Helen DeRoy Medical Library (Providence Hospital and Medical Centers), <http://www.providence-hospital.org/library/>
- **Michigan:** Marquette General Hospital - Consumer Health Library (Marquette General Hospital, Health Information Center), <http://www.mgh.org/center.html>
- **Michigan:** Patient Education Resource Center - University of Michigan Cancer Center (University of Michigan Comprehensive Cancer Center, Ann Arbor),  
<http://www.cancer.med.umich.edu/learn/leares.htm>
- **Michigan:** Sladen Library & Center for Health Information Resources - Consumer Health Information (Detroit), <http://www.henryford.com/body.cfm?id=39330>
- **Montana:** Center for Health Information (St. Patrick Hospital and Health Sciences Center, Missoula)
- **National:** Consumer Health Library Directory (Medical Library Association, Consumer and Patient Health Information Section), <http://caphis.mlanet.org/directory/index.html>
- **National:** National Network of Libraries of Medicine (National Library of Medicine) - provides library services for health professionals in the United States who do not have access to a medical library, <http://nnlm.gov/>
- **National:** NN/LM List of Libraries Serving the Public (National Network of Libraries of Medicine), <http://nnlm.gov/members/>

- **Nevada:** Health Science Library, West Charleston Library (Las Vegas-Clark County Library District, Las Vegas),  
[http://www.lvccl.org/special\\_collections/medical/index.htm](http://www.lvccl.org/special_collections/medical/index.htm)
- **New Hampshire:** Dartmouth Biomedical Libraries (Dartmouth College Library, Hanover), [http://www.dartmouth.edu/~biomed/resources.html&ld;conshealth.html&ld;/](http://www.dartmouth.edu/~biomed/resources.html&ld;conshealth.html&ld;)
- **New Jersey:** Consumer Health Library (Rahway Hospital, Rahway),  
<http://www.rahwayhospital.com/library.htm>
- **New Jersey:** Dr. Walter Phillips Health Sciences Library (Englewood Hospital and Medical Center, Englewood), <http://www.englewoodhospital.com/links/index.htm>
- **New Jersey:** Meland Foundation (Englewood Hospital and Medical Center, Englewood), <http://www.geocities.com/ResearchTriangle/9360/>
- **New York:** Choices in Health Information (New York Public Library) - NLM Consumer Pilot Project participant, <http://www.nypl.org/branch/health/links.html>
- **New York:** Health Information Center (Upstate Medical University, State University of New York, Syracuse), <http://www.upstate.edu/library/hic/>
- **New York:** Health Sciences Library (Long Island Jewish Medical Center, New Hyde Park), <http://www.lij.edu/library/library.html>
- **New York:** ViaHealth Medical Library (Rochester General Hospital),  
<http://www.nyam.org/library/>
- **Ohio:** Consumer Health Library (Akron General Medical Center, Medical & Consumer Health Library), <http://www.akrongeneral.org/hwlibrary.htm>
- **Oklahoma:** The Health Information Center at Saint Francis Hospital (Saint Francis Health System, Tulsa), <http://www.sfh-tulsa.com/services/healthinfo.asp>
- **Oregon:** Planetree Health Resource Center (Mid-Columbia Medical Center, The Dalles),  
<http://www.mcmc.net/phrc/>
- **Pennsylvania:** Community Health Information Library (Milton S. Hershey Medical Center, Hershey), <http://www.hmc.psu.edu/commhealth/>
- **Pennsylvania:** Community Health Resource Library (Geisinger Medical Center, Danville), <http://www.geisinger.edu/education/commlib.shtml>
- **Pennsylvania:** HealthInfo Library (Moses Taylor Hospital, Scranton),  
<http://www.mth.org/healthwellness.html>
- **Pennsylvania:** Hopwood Library (University of Pittsburgh, Health Sciences Library System, Pittsburgh), [http://www.hsls.pitt.edu/guides/chi/hopwood/index\\_html](http://www.hsls.pitt.edu/guides/chi/hopwood/index_html)
- **Pennsylvania:** Koop Community Health Information Center (College of Physicians of Philadelphia), <http://www.collphyphil.org/kooppg1.shtml>
- **Pennsylvania:** Learning Resources Center - Medical Library (Susquehanna Health System, Williamsport), <http://www.shscares.org/services/lrc/index.asp>
- **Pennsylvania:** Medical Library (UPMC Health System, Pittsburgh),  
<http://www.upmc.edu/passavant/library.htm>
- **Quebec, Canada:** Medical Library (Montreal General Hospital),  
<http://www.mghlib.mcgill.ca/>

- **South Dakota:** Rapid City Regional Hospital Medical Library (Rapid City Regional Hospital), <http://www.rcrh.org/Services/Library/Default.asp>
- **Texas:** Houston HealthWays (Houston Academy of Medicine-Texas Medical Center Library), <http://hhw.library.tmc.edu/>
- **Washington:** Community Health Library (Kittitas Valley Community Hospital), <http://www.kvch.com/>
- **Washington:** Southwest Washington Medical Center Library (Southwest Washington Medical Center, Vancouver), <http://www.swmedicalcenter.com/body.cfm?id=72>

# ONLINE GLOSSARIES

The Internet provides access to a number of free-to-use medical dictionaries. The National Library of Medicine has compiled the following list of online dictionaries:

- ADAM Medical Encyclopedia (A.D.A.M., Inc.), comprehensive medical reference: <http://www.nlm.nih.gov/medlineplus/encyclopedia.html>
- MedicineNet.com Medical Dictionary (MedicineNet, Inc.): <http://www.medterms.com/Script/Main/hp.asp>
- Merriam-Webster Medical Dictionary (Inteli-Health, Inc.): <http://www.intelihealth.com/IH/>
- Multilingual Glossary of Technical and Popular Medical Terms in Eight European Languages (European Commission) - Danish, Dutch, English, French, German, Italian, Portuguese, and Spanish: <http://allserv.rug.ac.be/~rvdstich/eugloss/welcome.html>
- On-line Medical Dictionary (CancerWEB): <http://cancerweb.ncl.ac.uk/omd/>
- Rare Diseases Terms (Office of Rare Diseases): <http://ord.aspensys.com/asp/diseases/diseases.asp>
- Technology Glossary (National Library of Medicine) - Health Care Technology: <http://www.nlm.nih.gov/nichsr/ta101/ta10108.htm>

Beyond these, MEDLINEplus contains a very patient-friendly encyclopedia covering every aspect of medicine (licensed from A.D.A.M., Inc.). The ADAM Medical Encyclopedia can be accessed at <http://www.nlm.nih.gov/medlineplus/encyclopedia.html>. ADAM is also available on commercial Web sites such as drkoop.com (<http://www.drkoop.com/>) and Web MD ([http://my.webmd.com/adam/asset/adam\\_disease\\_articles/a\\_to\\_z/a](http://my.webmd.com/adam/asset/adam_disease_articles/a_to_z/a)).

## Online Dictionary Directories

The following are additional online directories compiled by the National Library of Medicine, including a number of specialized medical dictionaries:

- Medical Dictionaries: Medical & Biological (World Health Organization): <http://www.who.int/hlt/virtuallibrary/English/diction.htm#Medical>
- MEL-Michigan Electronic Library List of Online Health and Medical Dictionaries (Michigan Electronic Library): <http://mel.lib.mi.us/health/health-dictionaries.html>
- Patient Education: Glossaries (DMOZ Open Directory Project): [http://dmoz.org/Health/Education/Patient\\_Education/Glossaries/](http://dmoz.org/Health/Education/Patient_Education/Glossaries/)
- Web of Online Dictionaries (Bucknell University): <http://www.yourdictionary.com/diction5.html#medicine>



## AIKIDO DICTIONARY

The definitions below are derived from official public sources, including the National Institutes of Health [NIH] and the European Union [EU].

**Aerobic:** In biochemistry, reactions that need oxygen to happen or happen when oxygen is present. [NIH]

**Aerobic Exercise:** A type of physical activity that includes walking, jogging, running, and dancing. Aerobic training improves the efficiency of the aerobic energy-producing systems that can improve cardiorespiratory endurance. [NIH]

**Algorithms:** A procedure consisting of a sequence of algebraic formulas and/or logical steps to calculate or determine a given task. [NIH]

**Alternative medicine:** Practices not generally recognized by the medical community as standard or conventional medical approaches and used instead of standard treatments. Alternative medicine includes the taking of dietary supplements, megadose vitamins, and herbal preparations; the drinking of special teas; and practices such as massage therapy, magnet therapy, spiritual healing, and meditation. [NIH]

**Anatomical:** Pertaining to anatomy, or to the structure of the organism. [EU]

**Antibody:** A type of protein made by certain white blood cells in response to a foreign substance (antigen). Each antibody can bind to only a specific antigen. The purpose of this binding is to help destroy the antigen. Antibodies can work in several ways, depending on the nature of the antigen. Some antibodies destroy antigens directly. Others make it easier for white blood cells to destroy the antigen. [NIH]

**Antigen:** Any substance which is capable, under appropriate conditions, of inducing a specific immune response and of reacting with the products of that response, that is, with specific antibody or specifically sensitized T-lymphocytes, or both. Antigens may be soluble substances, such as toxins and foreign proteins, or particulate, such as bacteria and tissue cells; however, only the portion of the protein or polysaccharide molecule known as the antigenic determinant (q.v.) combines with antibody or a specific receptor on a lymphocyte. Abbreviated Ag. [EU]

**Anxiety:** Persistent feeling of dread, apprehension, and impending disaster. [NIH]

**Art Therapy:** The use of art as an adjunctive therapy in the treatment of neurological, mental, or behavioral disorders. [NIH]

**Arteries:** The vessels carrying blood away from the heart. [NIH]

**Articular:** Of or pertaining to a joint. [EU]

**Autoimmune disease:** A condition in which the body recognizes its own tissues as foreign and directs an immune response against them. [NIH]

**Base:** In chemistry, the nonacid part of a salt; a substance that combines with acids to form salts; a substance that dissociates to give hydroxide ions in aqueous solutions; a substance whose molecule or ion can combine with a proton (hydrogen ion); a substance capable of donating a pair of electrons (to an acid) for the formation of a coordinate covalent bond. [EU]

**Biochemical:** Relating to biochemistry; characterized by, produced by, or involving chemical reactions in living organisms. [EU]

**Biotechnology:** Body of knowledge related to the use of organisms, cells or cell-derived constituents for the purpose of developing products which are technically, scientifically and

clinically useful. Alteration of biologic function at the molecular level (i.e., genetic engineering) is a central focus; laboratory methods used include transfection and cloning technologies, sequence and structure analysis algorithms, computer databases, and gene and protein structure function analysis and prediction. [NIH]

**Bladder:** The organ that stores urine. [NIH]

**Blood pressure:** The pressure of blood against the walls of a blood vessel or heart chamber. Unless there is reference to another location, such as the pulmonary artery or one of the heart chambers, it refers to the pressure in the systemic arteries, as measured, for example, in the forearm. [NIH]

**Blood vessel:** A tube in the body through which blood circulates. Blood vessels include a network of arteries, arterioles, capillaries, venules, and veins. [NIH]

**Body Composition:** The relative amounts of various components in the body, such as percent body fat. [NIH]

**Branch:** Most commonly used for branches of nerves, but applied also to other structures. [NIH]

**Cardiorespiratory:** Relating to the heart and lungs and their function. [EU]

**Cardiovascular:** Having to do with the heart and blood vessels. [NIH]

**Cardiovascular disease:** Any abnormal condition characterized by dysfunction of the heart and blood vessels. CVD includes atherosclerosis (especially coronary heart disease, which can lead to heart attacks), cerebrovascular disease (e.g., stroke), and hypertension (high blood pressure). [NIH]

**Case report:** A detailed report of the diagnosis, treatment, and follow-up of an individual patient. Case reports also contain some demographic information about the patient (for example, age, gender, ethnic origin). [NIH]

**Cell:** The individual unit that makes up all of the tissues of the body. All living things are made up of one or more cells. [NIH]

**Central Nervous System:** The main information-processing organs of the nervous system, consisting of the brain, spinal cord, and meninges. [NIH]

**Cerebrovascular:** Pertaining to the blood vessels of the cerebrum, or brain. [EU]

**Cervical:** Relating to the neck, or to the neck of any organ or structure. Cervical lymph nodes are located in the neck; cervical cancer refers to cancer of the uterine cervix, which is the lower, narrow end (the "neck") of the uterus. [NIH]

**Cervix:** The lower, narrow end of the uterus that forms a canal between the uterus and vagina. [NIH]

**Chronic:** A disease or condition that persists or progresses over a long period of time. [NIH]

**Clinical trial:** A research study that tests how well new medical treatments or other interventions work in people. Each study is designed to test new methods of screening, prevention, diagnosis, or treatment of a disease. [NIH]

**Cloning:** The production of a number of genetically identical individuals; in genetic engineering, a process for the efficient replication of a great number of identical DNA molecules. [NIH]

**Complement:** A term originally used to refer to the heat-labile factor in serum that causes immune cytosis, the lysis of antibody-coated cells, and now referring to the entire functionally related system comprising at least 20 distinct serum proteins that is the effector not only of immune cytosis but also of other biologic functions. Complement activation occurs by two different sequences, the classic and alternative pathways. The proteins of the

classic pathway are termed 'components of complement' and are designated by the symbols C1 through C9. C1 is a calcium-dependent complex of three distinct proteins C1q, C1r and C1s. The proteins of the alternative pathway (collectively referred to as the properdin system) and complement regulatory proteins are known by semisystematic or trivial names. Fragments resulting from proteolytic cleavage of complement proteins are designated with lower-case letter suffixes, e.g., C3a. Inactivated fragments may be designated with the suffix 'i', e.g. C3bi. Activated components or complexes with biological activity are designated by a bar over the symbol e.g. C1 or C4b<sub>2</sub>a. The classic pathway is activated by the binding of C1 to classic pathway activators, primarily antigen-antibody complexes containing IgM, IgG1, IgG3; C1q binds to a single IgM molecule or two adjacent IgG molecules. The alternative pathway can be activated by IgA immune complexes and also by nonimmunologic materials including bacterial endotoxins, microbial polysaccharides, and cell walls. Activation of the classic pathway triggers an enzymatic cascade involving C1, C4, C2 and C3; activation of the alternative pathway triggers a cascade involving C3 and factors B, D and P. Both result in the cleavage of C5 and the formation of the membrane attack complex. Complement activation also results in the formation of many biologically active complement fragments that act as anaphylatoxins, opsonins, or chemotactic factors. [EU]

**Complementary and alternative medicine:** CAM. Forms of treatment that are used in addition to (complementary) or instead of (alternative) standard treatments. These practices are not considered standard medical approaches. CAM includes dietary supplements, megadose vitamins, herbal preparations, special teas, massage therapy, magnet therapy, spiritual healing, and meditation. [NIH]

**Complementary medicine:** Practices not generally recognized by the medical community as standard or conventional medical approaches and used to enhance or complement the standard treatments. Complementary medicine includes the taking of dietary supplements, megadose vitamins, and herbal preparations; the drinking of special teas; and practices such as massage therapy, magnet therapy, spiritual healing, and meditation. [NIH]

**Computational Biology:** A field of biology concerned with the development of techniques for the collection and manipulation of biological data, and the use of such data to make biological discoveries or predictions. This field encompasses all computational methods and theories applicable to molecular biology and areas of computer-based techniques for solving biological problems including manipulation of models and datasets. [NIH]

**Consciousness:** Sense of awareness of self and of the environment. [NIH]

**Contraindications:** Any factor or sign that it is unwise to pursue a certain kind of action or treatment, e. g. giving a general anesthetic to a person with pneumonia. [NIH]

**Coordination:** Muscular or motor regulation or the harmonious cooperation of muscles or groups of muscles, in a complex action or series of actions. [NIH]

**Coronary:** Encircling in the manner of a crown; a term applied to vessels; nerves, ligaments, etc. The term usually denotes the arteries that supply the heart muscle and, by extension, a pathologic involvement of them. [EU]

**Coronary heart disease:** A type of heart disease caused by narrowing of the coronary arteries that feed the heart, which needs a constant supply of oxygen and nutrients carried by the blood in the coronary arteries. When the coronary arteries become narrowed or clogged by fat and cholesterol deposits and cannot supply enough blood to the heart, CHD results. [NIH]

**Coronary Thrombosis:** Presence of a thrombus in a coronary artery, often causing a myocardial infarction. [NIH]

**Databases, Bibliographic:** Extensive collections, reputedly complete, of references and

citations to books, articles, publications, etc., generally on a single subject or specialized subject area. Databases can operate through automated files, libraries, or computer disks. The concept should be differentiated from factual databases which is used for collections of data and facts apart from bibliographic references to them. [NIH]

**Degenerative:** Undergoing degeneration : tending to degenerate; having the character of or involving degeneration; causing or tending to cause degeneration. [EU]

**Dementia:** An acquired organic mental disorder with loss of intellectual abilities of sufficient severity to interfere with social or occupational functioning. The dysfunction is multifaceted and involves memory, behavior, personality, judgment, attention, spatial relations, language, abstract thought, and other executive functions. The intellectual decline is usually progressive, and initially spares the level of consciousness. [NIH]

**Diagnostic procedure:** A method used to identify a disease. [NIH]

**Direct:** 1. Straight; in a straight line. 2. Performed immediately and without the intervention of subsidiary means. [EU]

**Dislocation:** The displacement of any part, more especially of a bone. Called also luxation. [EU]

**Environmental Health:** The science of controlling or modifying those conditions, influences, or forces surrounding man which relate to promoting, establishing, and maintaining health. [NIH]

**Family Planning:** Programs or services designed to assist the family in controlling reproduction by either improving or diminishing fertility. [NIH]

**Fat:** Total lipids including phospholipids. [NIH]

**Fatigue:** The state of weariness following a period of exertion, mental or physical, characterized by a decreased capacity for work and reduced efficiency to respond to stimuli. [NIH]

**Femoral:** Pertaining to the femur, or to the thigh. [EU]

**Femoral Artery:** The main artery of the thigh, a continuation of the external iliac artery. [NIH]

**Fibula:** The bone of the lower leg lateral to and smaller than the tibia. In proportion to its length, it is the most slender of the long bones. [NIH]

**Forearm:** The part between the elbow and the wrist. [NIH]

**Fossa:** A cavity, depression, or pit. [NIH]

**Gene:** The functional and physical unit of heredity passed from parent to offspring. Genes are pieces of DNA, and most genes contain the information for making a specific protein. [NIH]

**Geriatric:** Pertaining to the treatment of the aged. [EU]

**Governing Board:** The group in which legal authority is vested for the control of health-related institutions and organizations. [NIH]

**Harmony:** Attribute of a product which gives rise to an overall pleasant sensation. This sensation is produced by the perception of the product components as olfactory, gustatory, tactile and kinaesthetic stimuli because they are present in suitable concentration ratios. [NIH]

**Heart attack:** A seizure of weak or abnormal functioning of the heart. [NIH]

**Hypertension:** Persistently high arterial blood pressure. Currently accepted threshold levels are 140 mm Hg systolic and 90 mm Hg diastolic pressure. [NIH]

**Hypnotherapy:** Sleeping-cure. [NIH]

**Id:** The part of the personality structure which harbors the unconscious instinctive desires

and strivings of the individual. [NIH]

**Indicative:** That indicates; that points out more or less exactly; that reveals fairly clearly. [EU]

**Infarction:** A pathological process consisting of a sudden insufficient blood supply to an area, which results in necrosis of that area. It is usually caused by a thrombus, an embolus, or a vascular torsion. [NIH]

**Infection:** 1. Invasion and multiplication of microorganisms in body tissues, which may be clinically unapparent or result in local cellular injury due to competitive metabolism, toxins, intracellular replication, or antigen-antibody response. The infection may remain localized, subclinical, and temporary if the body's defensive mechanisms are effective. A local infection may persist and spread by extension to become an acute, subacute, or chronic clinical infection or disease state. A local infection may also become systemic when the microorganisms gain access to the lymphatic or vascular system. 2. An infectious disease. [EU]

**Innervation:** 1. The distribution or supply of nerves to a part. 2. The supply of nervous energy or of nerve stimulus sent to a part. [EU]

**Insulator:** Material covering the metal conductor of the lead. It is usually polyurethane or silicone. [NIH]

**Intermittent:** Occurring at separated intervals; having periods of cessation of activity. [EU]

**Intracellular:** Inside a cell. [NIH]

**Joint:** The point of contact between elements of an animal skeleton with the parts that surround and support it. [NIH]

**Kb:** A measure of the length of DNA fragments, 1 Kb = 1000 base pairs. The largest DNA fragments are up to 50 kilobases long. [NIH]

**Library Services:** Services offered to the library user. They include reference and circulation. [NIH]

**Lipid:** Fat. [NIH]

**Localized:** Cancer which has not metastasized yet. [NIH]

**Long-Term Care:** Care over an extended period, usually for a chronic condition or disability, requiring periodic, intermittent, or continuous care. [NIH]

**Luxation:** The displacement of the particular surface of a bone from its normal joint, without fracture. [NIH]

**Lymph:** The almost colorless fluid that travels through the lymphatic system and carries cells that help fight infection and disease. [NIH]

**Lymph node:** A rounded mass of lymphatic tissue that is surrounded by a capsule of connective tissue. Also known as a lymph gland. Lymph nodes are spread out along lymphatic vessels and contain many lymphocytes, which filter the lymphatic fluid (lymph). [NIH]

**Lymphatic:** The tissues and organs, including the bone marrow, spleen, thymus, and lymph nodes, that produce and store cells that fight infection and disease. [NIH]

**MEDLINE:** An online database of MEDLARS, the computerized bibliographic Medical Literature Analysis and Retrieval System of the National Library of Medicine. [NIH]

**Memory:** Complex mental function having four distinct phases: (1) memorizing or learning, (2) retention, (3) recall, and (4) recognition. Clinically, it is usually subdivided into immediate, recent, and remote memory. [NIH]

**MI:** Myocardial infarction. Gross necrosis of the myocardium as a result of interruption of the blood supply to the area; it is almost always caused by atherosclerosis of the coronary

arteries, upon which coronary thrombosis is usually superimposed. [NIH]

**Mobility:** Capability of movement, of being moved, or of flowing freely. [EU]

**Modification:** A change in an organism, or in a process in an organism, that is acquired from its own activity or environment. [NIH]

**Molecular:** Of, pertaining to, or composed of molecules : a very small mass of matter. [EU]

**Multiple sclerosis:** A disorder of the central nervous system marked by weakness, numbness, a loss of muscle coordination, and problems with vision, speech, and bladder control. Multiple sclerosis is thought to be an autoimmune disease in which the body's immune system destroys myelin. Myelin is a substance that contains both protein and fat (lipid) and serves as a nerve insulator and helps in the transmission of nerve signals. [NIH]

**Myelin:** The fatty substance that covers and protects nerves. [NIH]

**Myocardial infarction:** Gross necrosis of the myocardium as a result of interruption of the blood supply to the area; it is almost always caused by atherosclerosis of the coronary arteries, upon which coronary thrombosis is usually superimposed. [NIH]

**Myocardium:** The muscle tissue of the heart composed of striated, involuntary muscle known as cardiac muscle. [NIH]

**Necrosis:** A pathological process caused by the progressive degradative action of enzymes that is generally associated with severe cellular trauma. It is characterized by mitochondrial swelling, nuclear flocculation, uncontrolled cell lysis, and ultimately cell death. [NIH]

**Need:** A state of tension or dissatisfaction felt by an individual that impels him to action toward a goal he believes will satisfy the impulse. [NIH]

**Nerve:** A cordlike structure of nervous tissue that connects parts of the nervous system with other tissues of the body and conveys nervous impulses to, or away from, these tissues. [NIH]

**Osteoarthritis:** A progressive, degenerative joint disease, the most common form of arthritis, especially in older persons. The disease is thought to result not from the aging process but from biochemical changes and biomechanical stresses affecting articular cartilage. In the foreign literature it is often called osteoarthrosis deformans. [NIH]

**Perception:** The ability quickly and accurately to recognize similarities and differences among presented objects, whether these be pairs of words, pairs of number series, or multiple sets of these or other symbols such as geometric figures. [NIH]

**Peroneal Nerve:** The lateral of the two terminal branches of the sciatic nerve. The peroneal (or fibular) nerve provides motor and sensory innervation to parts of the leg and foot. [NIH]

**Pharmacologic:** Pertaining to pharmacology or to the properties and reactions of drugs. [EU]

**Plasma:** The clear, yellowish, fluid part of the blood that carries the blood cells. The proteins that form blood clots are in plasma. [NIH]

**Popliteal:** Compression of the nerve at the neck of the fibula. [NIH]

**Popliteal Artery:** The continuation of the femoral artery coursing through the popliteal fossa; it divides into the anterior and posterior tibial arteries. [NIH]

**Posterior:** Situated in back of, or in the back part of, or affecting the back or dorsal surface of the body. In lower animals, it refers to the caudal end of the body. [EU]

**Practice Guidelines:** Directions or principles presenting current or future rules of policy for the health care practitioner to assist him in patient care decisions regarding diagnosis, therapy, or related clinical circumstances. The guidelines may be developed by government agencies at any level, institutions, professional societies, governing boards, or by the convening of expert panels. The guidelines form a basis for the evaluation of all aspects of health care and delivery. [NIH]

**Progressive:** Advancing; going forward; going from bad to worse; increasing in scope or severity. [EU]

**Protein S:** The vitamin K-dependent cofactor of activated protein C. Together with protein C, it inhibits the action of factors VIIIa and Va. A deficiency in protein S can lead to recurrent venous and arterial thrombosis. [NIH]

**Proteins:** Polymers of amino acids linked by peptide bonds. The specific sequence of amino acids determines the shape and function of the protein. [NIH]

**Public Policy:** A course or method of action selected, usually by a government, from among alternatives to guide and determine present and future decisions. [NIH]

**Quality of Life:** A generic concept reflecting concern with the modification and enhancement of life attributes, e.g., physical, political, moral and social environment. [NIH]

**Randomized:** Describes an experiment or clinical trial in which animal or human subjects are assigned by chance to separate groups that compare different treatments. [NIH]

**Refer:** To send or direct for treatment, aid, information, de decision. [NIH]

**Sciatic Nerve:** A nerve which originates in the lumbar and sacral spinal cord (L4 to S3) and supplies motor and sensory innervation to the lower extremity. The sciatic nerve, which is the main continuation of the sacral plexus, is the largest nerve in the body. It has two major branches, the tibial nerve and the peroneal nerve. [NIH]

**Sclerosis:** A pathological process consisting of hardening or fibrosis of an anatomical structure, often a vessel or a nerve. [NIH]

**Screening:** Checking for disease when there are no symptoms. [NIH]

**Social Environment:** The aggregate of social and cultural institutions, forms, patterns, and processes that influence the life of an individual or community. [NIH]

**Soma:** The body as distinct from the mind; all the body tissue except the germ cells; all the axial body. [NIH]

**Somatic:** 1. Pertaining to or characteristic of the soma or body. 2. Pertaining to the body wall in contrast to the viscera. [EU]

**Specialist:** In medicine, one who concentrates on 1 special branch of medical science. [NIH]

**Stress:** Forcibly exerted influence; pressure. Any condition or situation that causes strain or tension. Stress may be either physical or psychologic, or both. [NIH]

**Stroke:** Sudden loss of function of part of the brain because of loss of blood flow. Stroke may be caused by a clot (thrombosis) or rupture (hemorrhage) of a blood vessel to the brain. [NIH]

**Subacute:** Somewhat acute; between acute and chronic. [EU]

**Subclinical:** Without clinical manifestations; said of the early stage(s) of an infection or other disease or abnormality before symptoms and signs become apparent or detectable by clinical examination or laboratory tests, or of a very mild form of an infection or other disease or abnormality. [EU]

**Systemic:** Affecting the entire body. [NIH]

**Toxic:** Having to do with poison or something harmful to the body. Toxic substances usually cause unwanted side effects. [NIH]

**Toxicology:** The science concerned with the detection, chemical composition, and pharmacologic action of toxic substances or poisons and the treatment and prevention of toxic manifestations. [NIH]

**Toxins:** Specific, characterizable, poisonous chemicals, often proteins, with specific biological properties, including immunogenicity, produced by microbes, higher plants, or

animals. [NIH]

**Traction:** The act of pulling. [NIH]

**Transfection:** The uptake of naked or purified DNA into cells, usually eukaryotic. It is analogous to bacterial transformation. [NIH]

**Unconscious:** Experience which was once conscious, but was subsequently rejected, as the "personal unconscious". [NIH]

**Uterus:** The small, hollow, pear-shaped organ in a woman's pelvis. This is the organ in which a fetus develops. Also called the womb. [NIH]

**Vascular:** Pertaining to blood vessels or indicative of a copious blood supply. [EU]

**Veterinary Medicine:** The medical science concerned with the prevention, diagnosis, and treatment of diseases in animals. [NIH]

**Viscera:** Any of the large interior organs in any one of the three great cavities of the body, especially in the abdomen. [NIH]

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